

Home care is best

Antibiotics don't work on common illnesses caused by viruses



Children and adults are often ill. It may last for several days or weeks but your body usually fights colds and infections on its own

Your local **pharmacist** can recommend medication to help ease symptoms

Your Infection	Usually lasts
Middle-ear infection	4 days
Sore throat	7 days
Common cold	10 days
Sinusitis	18 days
Cough or bronchitis	3-6 weeks
Often, antibiotics are not necessary for these conditions	