



You've got a **cough**

Most short term coughs are due to a virus infection. Antibiotics won't help, even if you are bringing up phlegm, and you **probably don't need to see a doctor**.

You'll probably feel tired, with a running or blocked nose, and perhaps have a mild fever and aching bones.

You can get treatment from a pharmacist (chemist). Your pharmacist is very knowledgeable about illnesses and could help save you lots of time waiting to see a doctor. Take some paracetamol, the maximum dose for an adult is 2 tablets 4 times a day. PARACETAMOL can be bought for around 20p for 16 tablets at most supermarkets. You may also get some benefit and relief from a cough remedy - those containing dextromethorphan might be a bit more effective.

In addition, you may get some benefit from **soothing home remedies**, such as a **hot honey and lemon drink**, especially if you have a sore throat or cough.

Menthol lozenges or vapour might help too e.g. inhaling Olbas Oil / Vicks over a bowl of steaming water.

Stop making it worse – **STOP SMOKING**

Remember, coughs and sneezes do spread diseases, try not to infect others! Use a handkerchief and don't forget to wash your hands.

You **should** see your doctor if

- You cough up blood
- You are breathless
- You have prolonged fever and feeling unwell
- You have a medical condition such as chronic bronchitis (COPD), heart disease, diabetes, asthma
- You have recently been in hospital
- Your symptoms persist for more than three weeks

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This surgery is within the Bradford and Airedale Teaching Primary Care Trust area

