



What to do if you have a cough or cold

Most coughs and colds clear up after a few days and can be treated at home. Here are some handy tips to ease the symptoms:

- Stay at home and get plenty of rest.
- Drink plenty of fluids but avoid alcohol as this can make symptoms feel worse.
- Eat a healthy low-fat, high-fibre diet.
- Try steam inhalation to loosen mucus and soothe your nose and throat.
- Salt water gargles can also help; add two teaspoons of salt to a pint of warm water. Gargle, spit out and repeat.
- Speak to your local pharmacist about over-the-counter remedies like decongestants or paracetamol or aspirin for pain relief.
- To avoid spreading infection, cover your nose and mouth with a tissue when you cough or sneeze and dispose of the tissue quickly afterwards. Clean hands regularly and thoroughly to avoid spreading or picking up any infections.

If your symptoms get worse, please call NHS 111. If you've had a cough for over three weeks please speak to your GP.



when it's less
urgent than 999

NHS 111 is a free 24 hour service and will give you healthcare advice or direct you to the local service that is best for you.