

What to do when you have a cold

Take time off

Take time off work or school.

Wash your hands

Do not pass it on, cover your mouth and nose when coughing and sneezing. Wash your hands regularly

Better with time

Your symptoms should be getting better with time. It may take up to a month for the cough to go away.

Seek help if it gets worse

See your doctor or go immediately to hospital if you feel very unwell or develop a rash. Or call us for advise.

Get a flu jab

Get the influenza injection each year. You may be eligible for a free one.

Take Paracetamol

Take regular paracetamol/ibuprofen

Don't Buy Cough Mixture

Don't spend money on expensive cough mixtures - most don't work very well.

Use Vicks

Use Vicks on your chest and under your nose (there is evidence that this works in over 2 year olds). Helps with cough particularly with children

Use a Nasal Spray

Use over the counter nasal sprays to clear up congestion (*such as Xylometazoline 0.1%. Cost approx \$12.00*)

We can prescribe a nasal spray for runny nose which is funded and can be used with the over-the-counter sprays. (*It is called ipratropium*)

Take Honey

Take honey - there is evidence that it works. 1 tsp for 1-5 year olds (not for children under 1 years)

Avoid Antibiotics

Antibiotics don't work and cause side effects usually vomiting and diarrhoea