

Health

When you get ill

When you get ill, there are usually obvious symptoms, for example: a blocked nose, a headache, a sore throat or a high temperature.

Often, you can get better by staying at home, keeping warm and drinking plenty of fluids. However, you may decide to take some 'over the counter' medicines to help ease your symptoms, for example: a decongestant, pain killers or throat lozenges. The phrase 'over the counter' means that you do not need a prescription from a doctor.

If you are not sure about your symptoms or which medicine to take, you can visit your local pharmacy for advice. Every pharmacy has a qualified chemist who can advise you and recommend the correct medicine. Sometimes the chemist may decide that you need to see a doctor.

If symptoms persist, worsen or keep re-occurring, you should see a doctor.
If the symptoms are severe, or you are worried, you should see a doctor straightaway.