|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |
|  |  |  |  |  |  |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |
|  |  |  |  |  |  |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |
|  |  |  |  |  |  |  |
| **Mo** | **Tu** | **We** | **Th** | **Fr** | **Sa** | **Su** |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 29 | 30 | 31 |  |  |  |  |

**CHECK HOW LONG YOUR SYMPTOMS LAST**

If you are **not starting to improve a little** by the times given above, seek advice from your GP practice.

If you are feeling a lot worse, phone **NHS 24** **. Freephone 111**

**Earache**

Most get

**better by**

**8 days**

**Sore throat**

Most get

**better by**

**7-8 days**

**Cold**

Most get

**better by**

**14 days**

**Cough**

Most get

**better by**

**21 days**