

## Symptom Sorter



Runny or blocked nose

Cough

Sore Throat

Earache

Painful Sinuses

**Menthol Inhalation** products dissolved in hot water or on a handkerchief can help relieve nasal congestion and all of the above symptoms

**Menthol Sweets** may also help to relieve a bunged up nose for a while and sucking the sweet may help with a cough and sore throat symptoms

You may also have a slightly raised temperature (fever) and general aches and pains

**Paracetamol** and **Ibuprofen** can be taken together to help reduce fever, sore throat, earache and general aches and pains

**See reverse of leaflet for safety information**

**Remember to drink plenty of fluids to keep well hydrated**

**Over the counter remedies available from your pharmacist:**

- Cough medicines may help to reduce symptoms, but there is no good evidence to say that they work to get rid of a cough
- Throat lozenges or sprays may be helpful to relieve a sore throat
- Decongestants may help to relieve a bunged up nose

**NB: many products contain similar ingredients, ask your pharmacist for advice**

your choice  
self care 

Diarrhoea

Symptoms can range from slightly watery stools and a brief upset tummy, to longer-term extremely watery stools and cramp

**Common symptoms include:**

Cramps, tummy pains, nausea or vomiting, fever, headache, loss of appetite

**Rehydration Sachets** help to replace water and salts lost from your body

**Loperamide** (if over 12 years) can be taken to stop diarrhoea symptoms

**Paracetamol** may help reduce fever, tummy ache and headache

If symptoms persist for more than a few days or you have concerns about any of your symptoms, see your pharmacist for advice. Your pharmacist will be able to advise about additional treatments that you may find helpful, or when it may be appropriate to visit your doctor

**In most cases antibiotics will not work for the above symptoms**

## Safety Information

### Ibuprofen

Ibuprofen is a non-steroidal anti-inflammatory drug (NSAID). If you are taking a NSAID for another condition, or you have asthma or a history of a stomach ulcer, speak to your pharmacist for advice

### Paracetamol

Some cold remedies and combination painkillers contain paracetamol. Do not take more than 8 tablets of paracetamol (or equivalent) in 24 hours. For advice speak to your pharmacist

## Additional self-care advice

### If suffering from Diarrhoea

- It is a self-limiting condition that usually only lasts for a few days
- Replacement of lost fluids is usually the only treatment required
- Introduce bland starchy foods, e.g. potato, pasta, bread, plain biscuit
- Avoid high fibre foods, fruit and dairy products
- If you take the contraceptive pill, diarrhoea can make it less effective
- Wash hands before eating

For further self-care advice and information, go to:

[www.neneccg.nhs.uk/health-guides/](http://www.neneccg.nhs.uk/health-guides/)

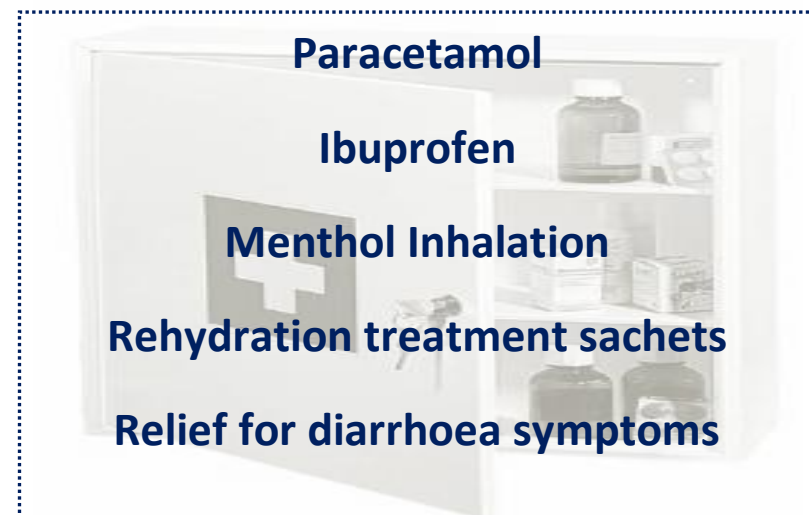
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## Treat your symptoms

This leaflet applies to healthy adults. If you are elderly, treating a child or have another medical condition, talk to your pharmacist for advice

Keep the following in your cabinet to help treat yourself when needed



For more information visit [www.neneccg.nhs.uk/symptom-sorter/](http://www.neneccg.nhs.uk/symptom-sorter/)