

# How long will your infection last?

## Earache



Most get better by **8 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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				

## Cold



Most get better by **14 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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				

## Sore throat



Most get better by **7-8 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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				

## Cough



Most get better by **21 days**

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
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				

**Antibiotics do not work for viral infections such as these noted above.  
For more information visit the NHS Choices website: [www.nhs.uk](http://www.nhs.uk)**



Public Health  
England



TARGET  
[www.rcgp.org.uk/](http://www.rcgp.org.uk/)  
TargetAntibiotics



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[www.e-Bug.eu](http://www.e-Bug.eu)



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