



I HAVE A COLD. HOW LONG UNTIL I FEEL BETTER?

When it comes to a cold, the time it takes to get better might feel like forever. Most symptoms are caused by inflammation and mucus and are part of your body's way of fighting infection. With different symptoms affecting you, it can take anywhere from a few days to a couple of weeks to feel better:

Chest Congestion

A buildup of mucus in the chest that causes wet cough

Usually lasts 7-10 days

Earache

Dull or burning pain inside the ear

Usually lasts 3 days

Sore throat

Throat feels sore or tender, difficulty swallowing

Lasts up to 1 week

Runny nose/nasal congestion

Inflammation of mucosa causing a blocked nose or constant runny nose

Usually lasts 1-2½ weeks

Dry/tickly cough

Unproductive cough

Lasts up to 3 weeks

Treat symptoms the moment they become disruptive to your daily routine with the appropriate over-the-counter medications so you can begin to feel better, sooner.

Call your doctor if your symptoms have not improved after 7-10 days or have gotten worse.

SOURCES:

National Institute for Health and Care Excellence Clinical Guideline 69. Respiratory tract infections - antibiotic prescribing. Issued July 2008.

Mayo Clinic website. www.mayoclinic.org. Accessed May 7, 2015.



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