

# Home care is best

**Most common illnesses don't need antibiotics**

**This is how long they may last**

**Ear infection  
Sore throat**

**4 days  
1 week**

**Common cold  
Sinusitis**

**1½ weeks  
2½ weeks**

**Cough or bronchitis**

**3 weeks**

**Your local pharmacist can recommend medication to help ease symptoms**