

Common Illnesses

Most of these illnesses last only a few days only. They are usually due to virus infections and cause colds, coughs, sore throats, aches and pains, fevers and nausea, usually with general weakness. Usually the symptoms will improve completely in a few days, without any need for a consultation with a doctor.

If these symptoms are distressing or uncomfortable then simple measures such as bed rest, paracetamol and/or Aspirin (paracetamol only for children under 16 years old), fluids and simple foods are all that is necessary.

Antibiotics have absolutely no therapeutic value in the treatment of these common virus infections and are only useful if a bacterial infection is diagnosed. These are relatively uncommon nowadays and are certainly not the cause of flu or most sore throats, colds and coughs, which should all be treated using the simple, common-sense measures itemised above.