

## Common cold

### RFQs

Do you have a fever?

How is your breathing?

Is there any pain in your chest?

### Provide

It looks like you have a cold. Perhaps you might like to give zinc tablets from the health shop a go? (75mg per day with the first few days of your symptoms, or when you are exposed to someone else with a cold). That's the only medicine that might help you to get better faster. You were worried about having a chest infection.

### Safety net:

If I'm right about this being a cold you should be starting to feel better within 3 days. Since you aren't particularly prone to lung infections: let's see you again if you are getting more breathless, or if you have a persistent fever or pain in the chest when you breath.