

# How long will it be until I feel better?

(average illness lengths from NICE clinical guideline 69 – July 08)



**Acute ear infection**

4 days



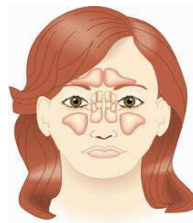
**Tonsillitis or sore throat**

7 days



**Common cold**

10 days



**Sinusitis**

17 days



**Cough caused by viral chest infection**

21 days