

When your feeling under the weather

Even though it is Spring we can catch bugs or suffering with Hayfever and I am not feeling so great today and my son has another Chest Infection so here are tips on what when your feeling under the weather, like a head ach, itching skin, your nose won't stop running and a sore throat or just a bit groggy:

1. Have plenty of water to prevent dehydration
2. Plenty of rest
3. A good set of TV, watching a boxset or film. I've just watched P.S I love you
4. Tea or Water with honey and lemon, preferably warm water
5. Tissues near by
6. The room is at the right temperature and not too hot and not too cold
7. A good blanket that can be easily washed in the washing machine
8. Eat less but often can help from my own experience and try to eat some fruits and vegetables.
9. Sucking sweets, like Hall Soothers, Locketts and Covonia Sucking sweets to help coughs
10. If itchy skin my need antihistamine and some cream, like E45 and you can get prescribed products to help too, but please talk to a pharmacist or the doctors. Along with 101 or 111

