

Common illnesses

A lot of everyday illnesses like colds, coughs or sore throats don't need an antibiotic. Find out how you can treat them at home and when to get help.

[Sore throat](#)

Find out what you can take to make you feel better with a sore throat

[Cold](#)

How to treat a cold and tips to avoid catching one

[Flu](#)

Find out the symptoms of flu and how a flu vaccine can protect you

[Earache](#)

Learn about the symptoms and treatment of earache

[Rash](#)

Find out the symptoms and causes of rash

[High temperature - fever in children](#)

Find out what you can do if your child has a high temperature

[Dehydration](#)

Read about how to spot dehydration in adults and children

[Sinusitis \(sinus infection\)](#)

Find out about sinusitis, including the symptoms, how to treat it and when to see a doctor

HSE Live - we're here to help

Monday to Friday: 8am to 8pm

Saturday: 9am to 5pm

Sunday: Closed

Bank holidays: Closed

Freephone: [1800 700 700](tel:1800700700)

From outside Ireland: [00 353 1 240 8787](tel:0035312408787)

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