

Treating your infection

Patient's name Your doctor or nurse recommends that you self – care

Your infection	Usually lasts	How to treat yourself better for these infections
Middle ear infection <input type="checkbox"/>	4 days	<ul style="list-style-type: none"> • Have plenty of rest. • Drink enough fluids to avoid feeling thirsty. • Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both). • Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol (or ibuprofen) if you or your child are uncomfortable as a result of a fever. • Other things you can do suggested by GP or nurse:
Sore throat <input type="checkbox"/>	7 days	
Common cold <input type="checkbox"/>	10 days	
Sinusitis <input type="checkbox"/>	18 days	
Cough or bronchitis <input type="checkbox"/>	21 days	
Other infection days	

When should you get help: Contact your GP practice or contact NHS 111
Phone for advice if you are not sure how urgent the symptoms are
Below are possible signs of serious illness and should be assessed urgently

1. If you develop a severe headache and are sick.
2. If your skin is very cold or has a strange colour, or you develop an unusual rash.
3. If you feel confused or have slurred speech or are very drowsy.
4. If you have difficulty breathing. Signs can include:
 - breathing quickly
 - turning blue around the lips and the skin below the mouth
 - skin between or above the ribs getting sucked or pulled in with every breath.
5. If you develop chest pain.
6. If you have difficulty swallowing or are drooling.
7. If you cough up blood.
8. If you are feeling a lot worse.
9. Other

Did you know?

- Colds, most coughs, sinusitis, ear infections, sore throats, and other infections often get better without antibiotics, as your body can usually fight these infections on its own.
- The more we use antibiotics, the greater the chance that bacteria will become resistant to them so that they no longer work on our infections.
- Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea, reactions to sunlight, other symptoms, or being sick if you drink alcohol with metronidazole.

Never share antibiotics and always return any unused antibiotics to a pharmacy for safe disposal