

Treating your infection

Patient's name:

Your infection	Usually lasts	How to treat yourself better
<input type="checkbox"/> Middle ear infection	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 pain or other symptoms (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 is uncomfortable as a result of a fever. • Other:
<input type="checkbox"/> Sore throat	7 days	
<input type="checkbox"/> Common cold	10 days	
<input type="checkbox"/> Sinusitis	18 days	
<input type="checkbox"/> Cough or bronchitis	21 days	
<input type="checkbox"/> Other infection:		

- Antibiotic prescription NOT given OR
- Back-up antibiotic prescription given, but should **only** be collected after days **if you feel no better or worse**, from:
- Surgery reception GP Pharmacy

Why did you not get antibiotics today?

- Colds and most coughs, earache and sore throats 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. If we all try to reduce their usage, antibiotics will be more likely to work when we **really** need them.



Public Health
England

Please turn over...

When you should get help

The following are possible signs of serious illness and should be assessed urgently. Phone your GP or NHS 111

1.	If you develop a severe headache and are vomiting.
2.	If your skin is very cold or has a strange colour, or you have 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: <ul style="list-style-type: none">• 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.

Less serious signs that can usually wait until next available GP appointment:

9.	If you are not improving by the time given in the 'Usually lasts' column.
10.	Children with middle ear infection: if fluid coming out of their ears or new hearing problems.
11.	Other:

Phone for advice if you are not sure how urgent the symptoms are.



Always listen to your gut!

If you're worried, contact your local pharmacist or GP.

For further tips visit:

www.nhs.uk