

Managing your infection



A step-by-step guide on how to manage your infection



Self-care steps

- Step 1: How to help make yourself better
- Step 2: Check how long your symptoms last
- Step 3: Look out for serious symptoms
- Step 4: Where to get help

Developed with:



Public Health
England



TARGET
www.rcgp.org.uk/targetantibiotics



e-Bug
Operated by
Public Health England
www.e-Bug.eu



Endorsed by:



techyd Cyhoeddus
Cymru
Public Health
Wales



The British Society for
Antimicrobial Chemotherapy



Royal College of
General Practitioners



Royal College
of Nursing

Endorsed by

Professionals, including nurses, and service users were involved in the development of the leaflet.

Step 1: How to help make yourself better

Whatever your infection, you can do the following to help.



Take paracetamol to reduce a fever. Always follow the instructions.



Ask your pharmacist for advice on reducing your symptoms.



Get plenty of rest until you feel better.



Drink enough fluids to avoid feeling thirsty.



Use tissues when you sneeze to help stop infections spreading.



Wash your hands to help stop infections spreading.

For more information, visit the NHS Choices website: www.nhs.uk

Most common infections get better without antibiotics. Find out how you can make better use of antibiotics by visiting: www.antibioticguardian.com

Step 2: Check how long your symptoms last

Earache



An earache usually lasts 4 days

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Sore throat



A sore throat usually lasts 7 days

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Cold



A cold usually lasts 10 days

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Cough



A cough usually lasts 21 days

Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

If you are not starting to improve a little by the times given above, get advice from your GP practice.

If you are feeling a lot worse, phone

NHS 111, **NHS Direct Wales** or **NHS 24** (see step 4).

Step 3: Look out for serious symptoms

If you have an infection and develop any of the symptoms below, you should be seen **urgently by a doctor**. Ring your **GP practice** or call **NHS 111**, **NHS Direct Wales** or **NHS 24**.



Severe headache



Very cold skin



Trouble breathing



Feeling confused



Chest pain



Problems swallowing



Coughing blood



Feeling a lot worse

Step 4: Where to get help

NHS England



when it's less
urgent than 999

NHS Direct Wales

NHS Direct Wales
0845 46 47
Galw IECHYD Cymru

NHSScotland

NHS
24
Call us free on
111

Emergency

If you have an emergency, call **999** immediately.