

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



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

Endorsed by:



GIG Cymru
NHS Wales
Iechyd Cyhoeddus
Cymru
Public Health
Wales



Royal College of
General Practitioners

Endorsed by



ROYAL
PHARMACEUTICAL
SOCIETY



The British Society for
Antimicrobial Chemotherapy



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, seek 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

NHS Scotland



Call us free on
111

Emergency

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