RESPIRATORY TRACT INFECTION
A step-by-step guide on how to manage your infection

1. FIRST, CONSIDER IF YOU HAVE COVID-19

Common symptoms of COVID-19 to look out for are:

- A loss of, or change to your sense of smell or taste
- A high temperature (feeling hot to touch on chest or back)
- A new continuous cough (coughing a lot for more than an hour)

2. GET A COVID-19 TEST

If you have any of these symptoms, you should book a COVID-19 test, stay at home and self-isolate. Visit: www.gov.uk/get-coronavirus-test

- Call 111 or visit www.111.nhs.uk/covid-19 if you are worried or not sure what to do.
- Visit www.gov.uk/coronavirus or www.nhs.uk for more information
3. HELP YOURSELF TO FEEL BETTER
Whatever your infection, you can do the following to help.

- Take paracetamol to help pain; 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 regularly and after using tissues to sneeze

For more information, visit the NHS website [www.nhs.uk](http://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](http://www.antibioticguardian.com).
4. CHECK HOW LONG YOUR SYMPTOMS LAST

Earache
Most get better by 8 days

Sore throat
Most get better by 7-8 days

Cold
Most get better by 14 days

Cough
Most get better by 21 days
(May differ for a COVID-19 cough)

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 6).
5. 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
- Coughing blood
- Trouble breathing
- Feeling confused
- Chest pain
- Problems swallowing
- Feeling a lot worse

If you have COVID-19 and start to feel worse, including showing the signs above, seek immediate medical help from NHS 111 (call 111 or visit www.111.nhs.uk/covid-19).

6. WHERE TO GET HELP

NHS ENGLAND

CALL 111
when it’s less urgent than 999

NHS DIRECT WALES

NHS Direct Wales
0845 46 47
Galw IECHYD Cymru

NHS SCOTLAND

NHS 24
CALL 111

NORTHERN IRELAND
Contact your GP practice

HSC Public Health Agency

If you have an EMERGENCY, call 999 immediately.