### TREATING YOUR INFECTION – RESPIRATORY TRACT INFECTION (RTI)

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| Middle-ear infection        | 8 days             | • 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 if you or your child are uncomfortable as a result of a fever.  
• Use a tissue and wash your hands with soap to help prevent spread of your infection to your family, friends and others you meet. | If you or your child has any of these symptoms, are getting worse or are sicker than you would expect (even if your/their temperature falls), trust your instincts and seek medical advice urgently from NHS 111 or your GP. If a child under the age of 5 has any of symptoms 1–3 go to A&E immediately or call 999. |
| Sore throat                 | 7-8 days           |                                                                                                               | 1. If your skin is very cold or has a strange colour, or you develop an unusual rash.  |
| Sinusitis                   | 14-21 days         |                                                                                                               | 2. If you have new feelings of confusion or drowsiness, or have slurred speech.       |
| Common cold                 | 14 days            |                                                                                                               | 3. If you have difficulty breathing. Signs that suggest breathing problems can be:  |
| Cough or bronchitis         | 21 days (a cough caused by COVID-19 may differ) | • 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. | 4. If you develop a severe headache and are sick.  |
| Other infection:            | ....................| .......... days                                                                                                    | 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 passing little to no urine.                                           |
|                            |                    |                                                                                                               | 9. If you are feeling a lot worse.                                                   |

**Common symptoms of COVID-19 to look out for are:**
1. A loss of, or change to your sense of smell or taste  
2. A high temperature (over 38°C, feeling hot to touch on chest or back)  
3. A new continuous cough (coughing a lot for more than an hour, or three or more coughing episodes within 24 hours)

- If you have any of these symptoms book a COVID-19 test, stay at home and self-isolate for 10 days or until you get a negative test result (www.gov.uk/get-coronavirus-test).  
- Anyone you live with, and anyone in your support bubble, must also stay at home for 14 days from the start of your symptoms, or until you get a negative test result.  
- 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**

**If you develop these symptoms, consider if you may have COVID-19**

**Less serious signs that can usually wait until the next available appointment:**
10. If you are not starting to improve a little by the time given in ‘Most are better by’  
11. Children with middle-ear infection: if fluid is coming out of their ears or they have new deafness.  
12. Mild side effects such as diarrhea: seek medical attention if you are concerned.

**Back-up antibiotic prescription to be collected after days only if you are not starting to feel a little better or you feel worse, from:**

- 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.  
- Taking any antibiotics makes bacteria that live inside your body more resistant. This means that antibiotics may not work when you really need them.  
- 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.  
- Find out more about how you can make better use of antibiotics and help keep this vital treatment effective by visiting www.nhs.uk/keepantibioticsworking

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