How can I manage my common infection?
A leaflet for adults aged 16 years and over

1. What are the symptoms of a common infection?

   - **Eyes**
     - Sticky eyes
   - **Ears, nose and throat**
     - Pain or soreness
     - Runny nose
     - Swollen tonsils
   - **Chest**
     - Cough
     - Shortness of breath
     - Green or yellow mucus
   - **Gut**
     - Vomiting
     - Diarrhoea
   - **Skin**
     - Infected blisters
     - Redness or swelling around a wound
     - Athlete’s foot (an itchy rash between the toes)
   - **Genital and urinary**
     - Pain on passing urine
     - Passing urine more often at night
     - Cloudy urine
     - Discharge
     - Pain in lower tummy

2. What if I think I have coronavirus (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, and
   - a new, continuous cough.

   For more advice about Covid-19 visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) or call your regional medical helpline (see back of leaflet).
3. How can I treat a common infection?

Get plenty of rest until you feel better.

Take pain relief if you need to (make sure you follow the instructions).

Drink plenty of fluids (6 to 8 drinks, or 2 litres) so that you pass pale-coloured urine regularly.

For coughs, try honey and cough medicines. For sore throats, try medicated lozenges and pain relief.

Soothe eye infections with a clean warm or cold damp flannel.

For an outer ear infection, apply local heat (such as a warm flannel).

4. How long could my infection last?

<table>
<thead>
<tr>
<th>Condition</th>
<th>Days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cough</td>
<td>21 days</td>
</tr>
<tr>
<td>Sore throat or earache</td>
<td>7 to 8 days</td>
</tr>
<tr>
<td>Common cold</td>
<td>14 days</td>
</tr>
<tr>
<td>Norovirus (winter vomiting)</td>
<td>2 to 3 days</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>14 to 21 days</td>
</tr>
</tbody>
</table>

Contact your GP if your symptoms are getting worse or if you are not better by the times above.

Visit www.nhs.uk for self-care advice on common infections.
5. Will my infection need antibiotics to get better?

- Your body can normally fight off common infections on its own.
- You do not usually need antibiotics, unless symptoms of a bacterial infection (such as a urine infection) are severe – a healthcare professional can advise you on this.
- Taking antibiotics when you do not need to puts you and your family at risk.
- Follow your healthcare professional’s advice on antibiotics.

Find out more about antibiotics at [www.antibioticguardian.com](http://www.antibioticguardian.com)

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6. How can I stop my infection from spreading?

**If you need to cough or sneeze:**

- **Catch it** with a tissue (or your inner elbow)
- **Bin it** throw away used tissues
- **Kill it** by cleaning your hands

**Clean hands** for at least 20 seconds with soap and water or hand sanitiser:

- before preparing and eating food
- after touching pets or animals
- after using the toilet
- when leaving and arriving home

**Avoid** touching your eyes, nose or mouth with unclean hands.

If possible, keep your distance from others (2 meters or 6 feet), especially vulnerable people in your household.

**Do not share items** that come into contact with your mouth, such as eating utensils and toothbrushes.

**Keep** yourself and your family up to date with vaccinations. Always get winter vaccines (such as flu) if you are eligible.

Visit or call a pharmacy for further advice on common infections
7. What symptoms of serious illness should I look out for?

| Severe headache and vomiting | Ongoing fever or chills (temperature above 38°C or less than 36°C) |
| Problems swallowing | Coughing blood |
| Turning blue around the mouth | Kidney pain in your back just under your ribs |
| Breathing faster or slower than usual | Visible blood in urine |
| Chest pain or tightness New very fast or slow pulse | Severe pain on passing urine, or passing more urine at night |
| | Cloudy urine not improving in 1 to 2 days with fluids |

If you have the symptoms above, contact your GP urgently or use the following services for your region.

NHS England
CALL 111
When it's less urgent than 999
www.111.nhs.uk

NHS Direct Wales
CALL 111
0845 46 47
Galw 111
www.111.wales.nhs.uk

NHS Scotland
CALL 111
www.nhs24.scot

Northern Ireland
Contact your GP practice

These services can provide a confidential interpreter if you need one.

8. What if I suspect signs of sepsis?

Sepsis is a life-threatening reaction to an infection. Possible signs are:

- slurred speech, confusion or drowsiness
- extreme shivering
- passing no urine in a day
- severe breathlessness
- it feels like you’re going to die, and
- skin blotchy or discoloured.

Call 999 immediately if you or others have signs of sepsis.