



Patient Name

It is recommended that you self-care

Your infection	Most are better by	How to treat yourself better for these infections, now and next time	When should you get help: Contact your GP practice or contact NHS 111 (England), NHS 24 (Scotland dial 111), or NHS Direct (Wales dial 0845 4647)
<input type="checkbox"/> Middle-ear infection	8 days	<ul style="list-style-type: none"> Have plenty of rest. Drink enough fluids to avoid feeling thirsty. 	<p>1. to 8. are possible signs of serious illness and should be assessed urgently. Phone for advice if you are not sure how urgent the symptoms are.</p> <ol style="list-style-type: none"> If you develop a severe headache and are sick. If your skin is very cold or has a strange colour, or you develop an unusual rash. If you feel confused or have slurred speech or are very drowsy. If you have difficulty breathing. Signs that suggest breathing problems can include: <ul style="list-style-type: none"> 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. If you develop chest pain. If you have difficulty swallowing or are drooling. If you cough up blood. If you are feeling a lot worse. <p>Less serious signs that can usually wait until the next available appointment:</p> <ol style="list-style-type: none"> If you are not starting to improve a little by the time given in the 'Most are better by' column. In children with middle-ear infection: if fluid is coming out of their ears for more than 10 days or if they have new deafness. Other
<input type="checkbox"/> Sore throat	7 - 8 days	<ul style="list-style-type: none"> Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both). 	
<input type="checkbox"/> Common cold	2 weeks	<ul style="list-style-type: none"> 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. 	
<input type="checkbox"/> Sinusitis	2 weeks	<ul style="list-style-type: none"> Use a tissue and wash your hands well to help prevent spread of your infection to your family, friends and others you meet. 	
<input type="checkbox"/> Cough or bronchitis	3 weeks	<ul style="list-style-type: none"> Other things you can do suggested by GP or nurse: 	
<input type="checkbox"/> Other infection: days	

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

Collect from: Pharmacy General Practice GP, nurse, other Book consultation

- 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.
- If you take antibiotics when you don't need them, it allows bacteria to build up resistance. This means, they're less likely to work in the future, when you really might 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 and pledging at [www. antibioticguardian.com](http://www.antibioticguardian.com)

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