



Your infection		Usually lasts	How to treat yourself better for these infections, now and next time	When should you get help: Contact Kingswood Health Centre on 0117 3012080 or call NHS 111
<input type="checkbox"/>	Middle-ear infection	4 days	<ul style="list-style-type: none"> <li>• Have plenty of rest</li> <li>• Drink enough fluids to avoid feeling thirsty</li> <li>• Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both).</li> <li>• Fever is a sign the body is fighting the infection and usually gets better by itself in most cases. You can use paracetamol (or ibuprofen) if you or your child are uncomfortable as a result of a fever.</li> <li>• Other things you can do suggested by GP or nurse: .....</li> </ul>	<p><b>1. - 8. may be signs of serious illness and should be assessed urgently. Phone for advice if you are not sure how urgent symptoms are.</b></p> <ol style="list-style-type: none"> <li>1. If you develop a severe headache and are sick</li> <li>2. If your skin is very cold or has a strange colour, or you develop an unusual rash</li> <li>3. If you feel confused or have slurred speech, or are very drowsy</li> <li>4. If you have difficulty breathing. Signs can include:                             <ol style="list-style-type: none"> <li>a. Breathing quickly</li> <li>b. Turning blue around the lips and mouth</li> <li>c. Skin between or above the ribs getting sucked in with every breath</li> </ol> </li> <li>5. If you develop chest pain</li> <li>6. If you have difficulty swallowing or are drooling</li> <li>7. If you cough up blood</li> <li>8. If you are feeling a lot worse</li> </ol> <p><b>Less serious signs that can usually wait until the next available GP appointment:</b></p> <ol style="list-style-type: none"> <li>9. If you are not improving by the time given in the 'usually lasts' column</li> <li>10. In children with middle-ear infection: if fluid is coming out of their ears or if they have new deafness.</li> <li>11. Other: .....</li> </ol>
<input type="checkbox"/>	Sore throat	7 days		
<input type="checkbox"/>	Common cold	10 days		
<input type="checkbox"/>	Sinusitis	18 days		
<input type="checkbox"/>	Cough or bronchitis	21 days		
<input type="checkbox"/>	Other infection: .....	..... days		

## Colds, most coughs, sinusitis, ear infections and sore throats are caused by viruses.

- They get better without antibiotics, because your body can fight them.
- The more we use antibiotics, the greater the chance that bacteria will become resistant to them so that they no longer work on our infections.
- Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhea, reactions to sunlight or being sick if you drink alcohol with metronidazole.

