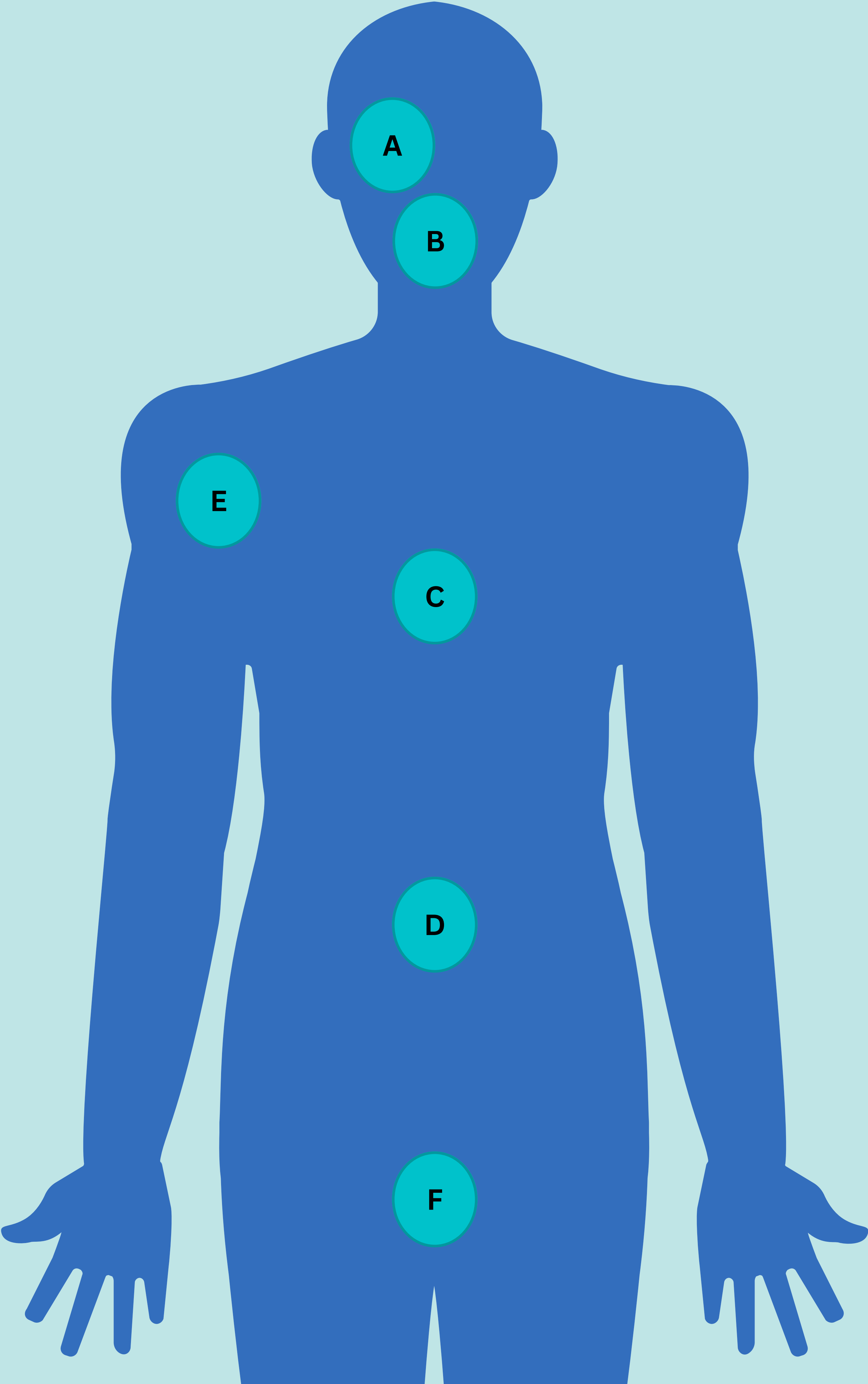


Common infections

these are common
symptoms that usually
get better without
prescribed treatment

Display compiled by Kathryn Morley, Prescribing Support Technician at Northamptonshire ICB and Dr Neil Menon, GP at Crick Medical Practice

Information gathered from www.rcgp.org.uk and www.nhs.uk



A

B

E

C

D

F

A

Eyes

Sticky or gritty eyes

How can I ease my symptoms?

- Soothe eye infections with a clean warm or cold damp flannel
- Boil water and let it cool down before you gently wipe your eyelashes to clean off crusts with a clean cotton wool pad (1 piece for each eye)
- Do not wear contact lenses until the infection has cleared

How long could my infection last?

- 2 weeks

B Ears, nose and throat

Pain or soreness; runny nose; swollen tonsils

How can I ease my symptoms?

- **Get plenty of rest until you feel better**
- **Take pain relief if you need to (follow the instructions carefully)**
- **Drink plenty of fluids**
- **For coughs, try honey and cough medicines**
- **For sore throats, try medicated lozenges**
- **For an outer ear infection, apply local heat (such as a warm flannel)**

How long could my infection last?

- **Cough: 21 days**
- **Sore throat or earache: 7-8 days**
- **Common cold: 14 days**
- **Sinus infection: 14-21 days**

C

Chest

Cough; shortness of breath; green or yellow mucus

How can I ease my symptoms?

- **Get plenty of rest until you feel better**
- **Drink plenty of fluids**
- **For coughs, try honey and cough medicines. A pharmacist can help to choose a product, especially as not all cough and cold remedies are suitable for younger children**

How long could my infection last?

- **Cough: 21 days**

D

Gut

Nausea; vomiting; diarrhoea

How can I ease my symptoms?

- **Get plenty of rest until you feel better**
- **Drink plenty of fluids such as water or squash, take small sips if you feel sick (do not have fruit juice or fizzy drinks)**
- **When you feel like eating, stick to simple food that is easy to digest**

How long could my infection last?

- **Winter vomiting (Norovirus): 2-3 days**
- **You must stay away from work/school /childcare until you haven't been sick or had diarrhoea for at least 2 days**
- **Do not prepare food for other people**

E

Skin

Infected blisters; redness or swelling around a wound; athlete's foot

How can I ease my symptoms?

- Do not touch or scratch the affected area
- Wear loose clothing
- Athletes foot will get better on it's own, but you can purchase products that relieve the itching. A pharmacist can help you choose the right product

How long could my infection last?

- Athletes foot: 2 weeks
- wash your hands with soap and water if you have touched the affected area
- allow air to get to your feet, consider sandals or flip flops
- do not share towels

F

Urinary

Pain on passing urine; passing urine more often at night; cloudy urine; discharge; pain in lower tummy

How can I ease my symptoms?

- **Take paracetamol to ease pain and reduce a high temperature**
- **Drink plenty of fluids, until you pass pale urine**
- **Avoid sexual intercourse until the symptoms have resolved**

How long could my infection last?

- **Urinary tract (urine) infection: 2-5 days**

Drink plenty of fluids

How do I know if I'm drinking enough?

Drink 6 to 8 mugs (2 litres) each day

You should pass pale coloured urine regularly

Good

Good

Fair

Dehydrated

Dehydrated

Very dehydrated

Severely dehydrated

Stop the spread of infection

When you cough or sneeze:

- Catch it in a tissue (or your inner elbow)
- Bin it
- Kill it - clean your hands

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

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

Avoid touching your eyes, nose or mouth with unclean hands. If possible keep at least 2 meters away from other people. Avoid preparing food for others, especially if you have vomiting and diarrhoea.

Do not share items such as cutlery and toothbrushes.

Keep up to date with vaccinations

Do I need antibiotics?

Your body can normally fight off common infections on its own.

You don't usually need antibiotics for the infections listed, unless symptoms of a *bacterial* infection are severe.

Ease your symptoms by following the tips given. Antibiotics won't ease your pain, you will need to take painkillers.

Taking antibiotics when you do not need them puts you and your family at risk.

You may develop antibiotic resistance - meaning they won't work when you really need them.

Many infections are *viral* and antibiotics don't work for viruses.

Signs of serious illness

- Severe headache and vomiting
- Slurred speech, confusion or drowsiness
- Ongoing fever or chills (temperature above 38°C or less than 36°C), could include extreme shivering
- Problems swallowing; Turning blue around the mouth
- Coughing blood
- Breathing much faster or slower than usual
- Chest pain or tightness; New very fast or slow pulse
- Kidney pain in your back just under your ribs
- Visible blood in urine; Severe pain on passing urine, or passing more urine at night; Cloudy urine not improving in 1 to 2 days with fluids
- Generally mottled or discoloured skin

If you have the symptoms above, contact your GP urgently or call NHS 111

Use the right service



Self Care

Care for
yourself at
home

Minor cuts & grazes
Minor bruises
Minor sprains
Coughs and colds



Pharmacy

Local expert
advice

Minor illnesses
Headaches
Stomach upsets
Bites & stings



NHS 111

Non-emergency
help

Feeling unwell?
Unsure?
Anxious?
Need help?



GP Advice

Out of hours:
Call 111

Persistent symptoms
Chronic pain
Long term
conditions
New prescriptions



UTCs

Urgent
Treatment
Centres

Breaks & sprains
X-rays
Cuts & grazes
Fever & rashes



A&E or 999

For
emergencies
only

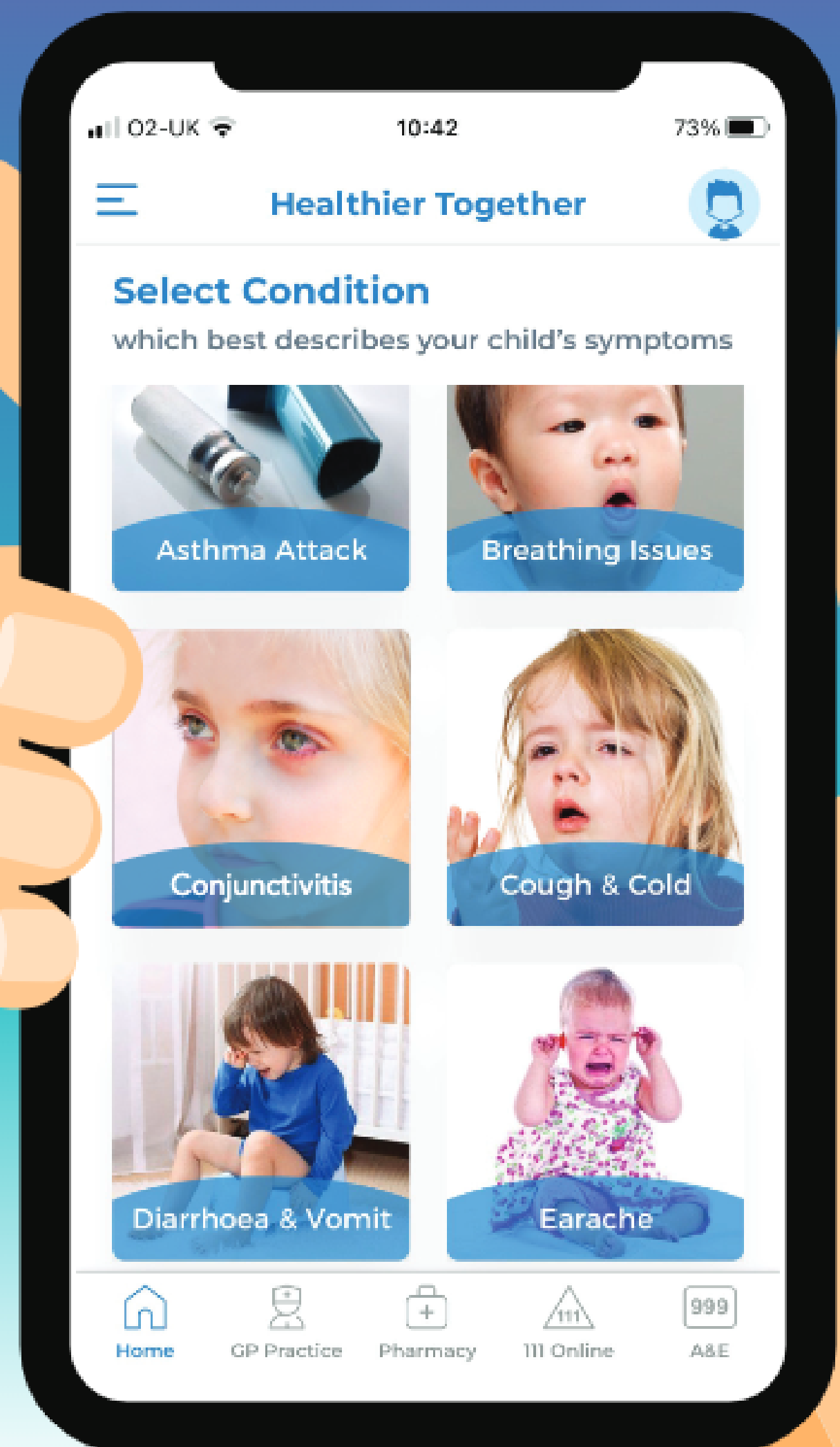
Choking
Chest pain
Blacking out
Serious blood loss

Stay in control of your child's health

Healthier Together is a NEW website and mobile app

that has been developed by healthcare professionals to provide comprehensive advice for parents, young people and pregnant women.

"It's like a mini doctor for you at home."

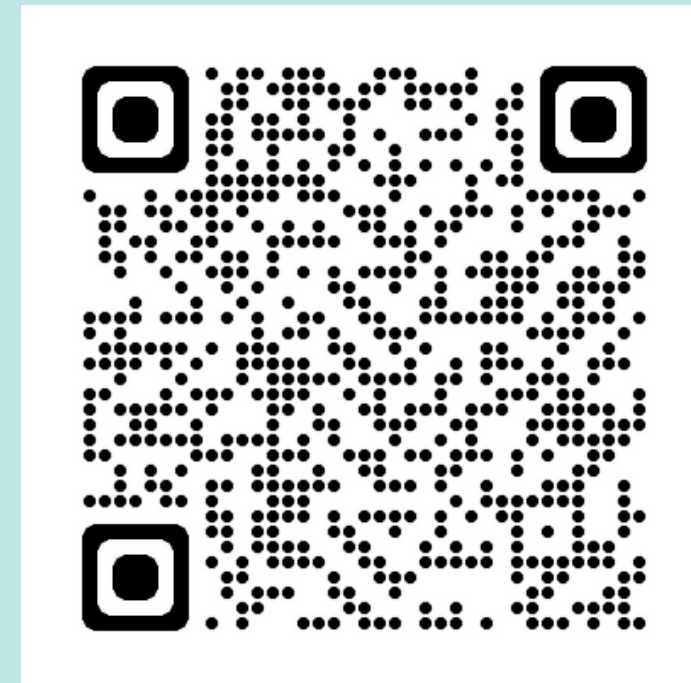


Healthier Together

Useful links

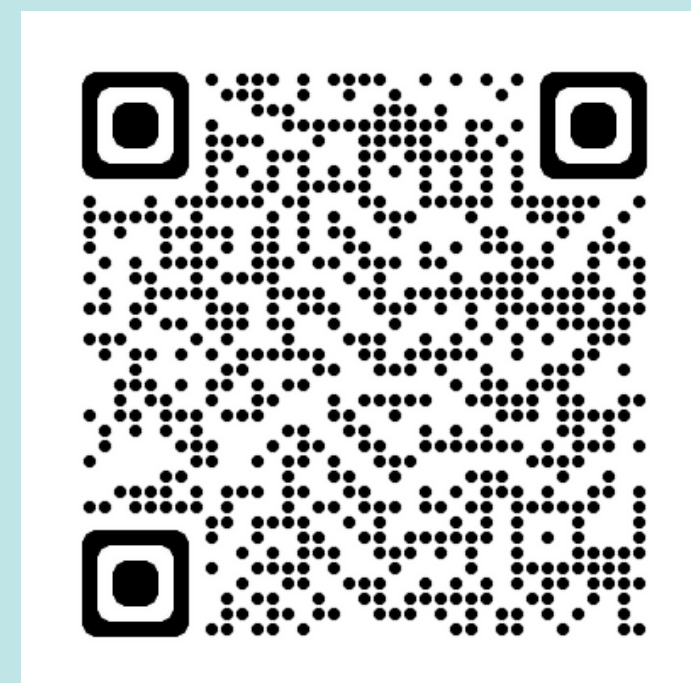
Healthier Together website

www.what0-18.nhs.uk



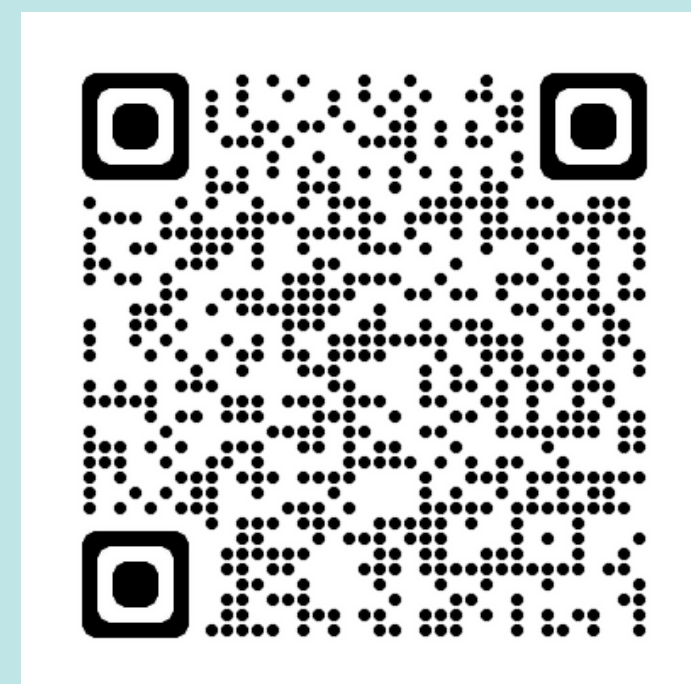
NHS UK website

www.nhs.uk



NHS information about antibiotic resistance

www.nhs.uk/conditions/antibiotics/antibiotic-antimicrobial-resistance/



Royal College of General Practitioners, patient leaflets

<https://elearning.rcgp.org.uk/mod/book/view.php?id=12647>

