3. How can I treat a common infection?



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?

C

D

B

Eyes

Sticky eyes

Chest

- Cough
- · Shortness of breath
- Green or yellow mucus

Skin

- Infected blisters
- Redness or swelling around a wound
- Athlete's foot (an itchy rash between the toes)

- Ears, nose and throat
- · Pain or soreness
- Runny nose
- Swollen tonsils

Gut

- Vomiting
- Diarrhoea

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 https://gov.wales/coronavirus or call your regional medical helpline (see back of leaflet).



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.





Drink more





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?

Cough

Sore throat or earache

Common cold

Norovirus (winter vomiting)

Sinus infection











21 days

7 to 8 days

14 days

2 to 3 days

14 to 21 days

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

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

6. How can I stop my infection from spreading?

If you need to cough or sneeze:

catch it



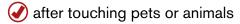
with a tissue (or your inner elbow)



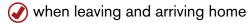


Clean hands for at least 20 seconds with soap and water or hand sanitiser:

before preparing and eating food of after touching pets or animals



after using the toilet





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

7. What symptoms of serious illness should I look out for?



Severe headache and vomiting



Ongoing fever or chills (Temp above 38°C or less than 36°C)



Problems swallowing Turning blue around the mouth



Coughing blood



Breathing faster or slower than usual



Kidney pain in your back just under your ribs



Chest pain or tightness New very fast or slow pulse



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

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

NHS England



www.111.nhs.uk

NHS Direct Wales



www.111.wales.nhs.uk

NHS Scotland



www.nhs24.scot

Northern Ireland



Contact vour **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
- skin blotchy or discoloured.

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