

Patient name

Self-care advice provided

Product(s) suggested / supplied

Patient advised to contact GP

Your infection	Without antibiotics most are better by	How to look after yourself and your family	When to get help
Middle-ear infection	8 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 if you or your child are uncomfortable as a result of a fever.</li> <li>• Use a tissue and wash your hands well to help prevent spread of your infection to your family, friends and others you meet.</li> <li>• Other things you can do suggested by your pharmacy team:</li> </ul> <p>.....</p> <p>.....</p> <p>.....</p> <p>.....</p>	<p><b>The following are possible signs of serious illness and should be assessed urgently:</b></p> <ol style="list-style-type: none"> <li>1. If your skin is very cold or has a strange colour, or you develop an unusual rash.</li> <li>2. If you feel confused or have slurred speech or are very drowsy.</li> <li>3. If you have difficulty breathing. Signs that suggest breathing problems can include:               <ul style="list-style-type: none"> <li>• breathing quickly</li> <li>• turning blue around the lips and the skin below the mouth</li> <li>• skin between or above the ribs getting sucked or pulled in with every breath.</li> </ul> </li> <li>4. If you develop a severe headache and are sick.</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>If you or your child has any of these symptoms, are getting worse or are sicker than you would expect (even if your/their temperature falls), trust your instincts and seek medical advice urgently from NHS 111 or your GP. If a child under the age of 5 has any of symptoms 1–3 go to A&amp;E immediately or call 999.</b></p> <p><b>Less serious signs that can usually wait until the next available appointment:</b></p> <ol style="list-style-type: none"> <li>9. If you are not starting to improve a little by the time given in the 'Most are better by' 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. Mild side effects such as diarrhoea, however seek medical attention if you're concerned.</li> <li>12. Other .....</li> </ol>
Sore throat	7-8 days		
Sinusitis	14-21 days		
Common cold	14 days		
Cough or bronchitis	21 days		
Other infection: .....	..... days		

- 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.
- Taking antibiotics encourages bacteria that live inside you to become resistant. That means that antibiotics may not work when you really 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 [www.nhs.uk/keepantibioticsworking](http://www.nhs.uk/keepantibioticsworking)

**HELP US  
HELP YOU**

STAY WELL THIS WINTER

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