

# TARGET Managing your common infection (self-care) leaflet User Guide

### Summary

The Managing Your Common Infection (self-care) leaflet can be used as a tool for the public and communities to increase awareness and change behaviour around antibiotic use by increasing individuals' confidence and knowledge on how to self-care for their own infections and subsequently reducing inappropriate antibiotic use.

## What are the aims of the Managing Your Common Infection leaflet?

The leaflet aims to give information, in line with NICE 63 guidance on:

- Increase awareness and change behaviour around hygiene, self-care and subsequently antibiotic use
- The natural course of self-limiting infections
- How people can self-care
- Explicit advice on when to seek medical help
- Simple advice to wash their hands to reduce the spread of infection

The leaflet follows behavioural steps which help the reader to make decisions on how to manage their own infection. The behavioural steps are:

- 1. What are the symptoms of a common infection?
- 2. How common is my infection?
- 3. How can I treat a common infection?
- 4. How long could my infection last?
- 5. Will my infection need antibiotics to get better?
- 6. How can I stop my infection from spreading?
- 7. What symptoms of serious illness should I look out for?
- 8. What if I suspect sepsis?

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	ou need to (make sure you follow s to avoid dehydration and pass urine s or glasses).	infection are server – follow your healthcare i advice on this • Taking antibilitics when you do not need to m family at risk • Follow your healthcare professional's advice i • Find out more about antibiotics at www.antib	7 What symptoms of seric Severe headache and vomiting	us Illness should I look out for?	
HOW CAN I MANAGE MY COMMON INFECTION? A leaflet for adults aged 16 years and over	ey and cough medicines. y medicated lozenges and pain relief. ns with bolied and cooled watar on the ompresses gently around the eye. ection, consider over-the-counter	6 How can I stop my infection from s If you need to cough or sneeze: Catch it Stop of the stop of the	Ongoing fever or chills (temperature above 38°C or less than 36°C) Solution Problems swallowing Coughing blood	artightness     Kidney pain in your back     just under your ribs     New very fast or     New you place     Very cold skin	
Eyes - Rad eyes - Sticky eyes - Sticky eyes - Syes burn or feel gritty Chest - Cough - Shortness of breath - Coughing up green or yellow mucus	Infection last? mon Norovirus Sirus Eye Id (viriter vomiting) infection infection if 2 to 3 3 to 4 7 to 14	Hotor prepaint and eating tool + after touch after using the tollet + when leave when leave when leave when leave when leave when leave when leave when leave when leave when leave to possible keep your distance from oth especially vulnerable people in your ho. when leave boot of share terms that come into conta mouth, such as eating utensils and toot	HIS England NHS England NHS 111 Wales NHS 111 Mains	ms above, contact your GP whg services for your region. NHS Scotland NHS 24 20 20 20 20 20 20 20 20 20 20 20 20 20	sth
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Version 2.0. Published: November 2004. Revision date: November 2007. This leafet has been developed with healthcare			If you suspect seps	is: Call 999 immediately	

### When to use the Managing Your Common Infection leaflet?

The leaflet can be used in a variety of situations and settings including in:-

- Community pharmacy to educate patients about self-care for common infections
- Consultations to share with patients
- GP surgery waiting rooms
- Community groups

### Why create the Managing Your Common Infection leaflet?

TARGET currently have leaflets for respiratory tract and urinary tract infections. In some cases, such as in community pharmacy, healthcare professionals may not know what type of infection a patient has, and therefore this leaflet can provide general advice covering common infections in general. This leaflet aims to empower patients to manage symptoms of common infections through simple self-care actions and provide safety netting information including serious signs of illness to look out for and where to seek urgent help.

We are happy to receive feedback about how you have used this leaflet and any constructive comments on how it can be improved. Please contact us at <u>TARGETantibiotics@ukhsa.gov.uk</u>.