

Patient name

Self-care advice provided

☐

Product(s) suggested / supplied

Patient advised to contact GP

☐

Your infection

Most are better by

How to look after yourself and your family

When to get help

<input type="checkbox"/> 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 because of a fever.</li> <li>Use a tissue and wash your hands with soap to help prevent spread of your infection to your family, friends and others you meet.</li> </ul>	<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, NHS Direct (0845 46 47), 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> <ol style="list-style-type: none"> <li>If your skin is very cold or has a strange colour, or you develop an unusual rash.</li> <li>If you have new feelings of confusion or drowsiness, or have slurred speech.</li> <li>If you have difficulty breathing. Signs that suggest breathing problems can be: <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>If you develop a severe headache and are sick.</li> <li>If you develop chest pain.</li> <li>If you have difficulty swallowing or are drooling.</li> <li>If you cough up blood.</li> <li>If you are passing little to no urine.</li> <li>If you are feeling a lot worse.</li> </ol> <p><b>Less serious signs that can usually wait until the next available appointment:</b></p> <ol style="list-style-type: none"> <li>If you are not starting to improve a little by the time given in 'Most are better by'</li> <li>Children with middle-ear infection: if fluid is coming out of their ears or they have new deafness.</li> <li>Mild side effects such as diarrhea: seek medical attention if you are concerned.</li> </ol>
<input type="checkbox"/> Sore throat	7-8 days		
<input type="checkbox"/> Sinusitis	14-21 days		
<input type="checkbox"/> Common cold	14 days		
<input type="checkbox"/> Cough or bronchitis	21 days (a cough caused by COVID-19 may differ)		
Other infection: .....	..... days		
<p><b>If you think you may have COVID-19 then please visit <a href="https://gov.wales/coronavirus">https://gov.wales/coronavirus</a> or <a href="https://111.wales.nhs.uk">https://111.wales.nhs.uk</a> for the latest guidance and information</b></p>			

- 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 any antibiotics makes bacteria that live inside your body more resistant. This 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)

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