

RESPIRATORY TRACT INFECTION

A step-by-step guide on how to manage your infection



SELF-CARE STEPS

1. How to help yourself feel better
2. Check how long your symptoms last
3. Look out for serious symptoms
4. Where to get help

If you think you may have **COVID-19** then please visit
<https://gov.wales/coronavirus> or <https://111.wales.nhs.uk> for the latest
guidance and information

1. HELP YOURSELF TO FEEL BETTER

Whatever your infection, you can do the following to help.



Take paracetamol to help pain; always follow the instructions



Ask your pharmacist for advice on reducing your symptoms



Get plenty of rest until you feel better



Drink enough fluids to avoid feeling thirsty



Use tissues when you sneeze to help stop infections spreading



Wash your hands regularly and after using tissues to sneeze

For more information, visit the NHS Wales website <https://111.wales.nhs.uk/>. Most common infections get better without antibiotics. Find out how you can make better use of antibiotics by visiting: www.antibioticguardian.com.

2. CHECK HOW LONG YOUR SYMPTOMS LAST



Earache
Most get better by **8 days**

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Sore throat
Most get better by **7-8 days**

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Cold
Most get better by **14 days**

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				



Cough
Most get better by **21 days**
(May differ for a COVID-19 cough)

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

If you are not starting to improve a little by the times given above, seek advice from your GP practice.

If you are feeling a lot worse, phone **NHS 111 or NHS 24** (see step 6).

3. LOOK OUT FOR SERIOUS SYMPTOMS

If you have an infection and develop any of the symptoms below, you should be **seen urgently by a doctor**. Ring your **GP practice** or call **NHS 111** or **NHS 24**.



Severe headache



Very cold skin



Trouble breathing



Feeling confused



Chest pain



Problems swallowing



Coughing blood



Feeling a lot worse

If you have **COVID-19** and start to feel worse, including showing the signs above, seek immediate medical help from NHS 111 (call 111 or visit <https://111.wales.nhs.uk>)

4. WHERE TO GET HELP

NHS ENGLAND



NHS Wales

NHS 111 *Wales*

NHS SCOTLAND



NORTHERN IRELAND

Contact your GP practice



If you have an EMERGENCY, call 999 immediately.