

# Managing Your Infection

## 1: How to help make yourself better

You can do the following to help your infection.



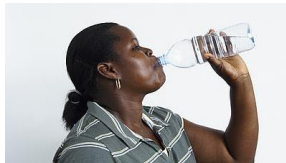
Take paracetamol to reduce a fever; always follow the instructions



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 to help stop infections spreading

For more information visit the **NHS Choices** website: [www.nhs.uk](http://www.nhs.uk)

## 2: Check how long your symptoms last

An earache: most get better by **8 days**



Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
<b>8</b>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

A sore throat: most get better by **7-8 days**



Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
<b>8</b>	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

A cold: most get better by **14 days**



Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	<b>14</b>
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

A cough: most get better by **21 days**



Mon	Tues	Weds	Thurs	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	<b>21</b>
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**, **NHS Direct Wales** or **NHS 24**.

## 3: Look out for serious symptoms



Severe headache



Very cold skin



Trouble breathing



Feeling confused



Chest pain



Problems swallowing



Coughing blood



Feeling a lot worse

If you have an infection and develop any of the symptoms above, you should be seen **urgently by a doctor**.

## 4: Where to get help



**Emergency**  
Call **999** immediately