

Sore Throat

- Majority are viral and need no antibiotics
- Most will **resolve on their own in 14 days**
- Even in tonsillitis, antibiotics only make people better **8-12 hours sooner** than they would have been without antibiotics.

- Self-help ideas include:
 - ✓ Over the counter painkillers (ibuprofen/paracetamol)
 - ✓ Over the counter lozenges/mouth wash (difflam)
 - ✓ Stop smoking
 - ✓ Rest if feeling unwell
 - ✓ Drink plenty of fluids

- You will need to be reviewed by your GP if:
 - ✓ Your sore throat has lasted longer than 21 days
 - ✓ Pain not responding to over the counter pain relief
 - ✓ High temperature + NO COUGH + white spots on tonsils
 - ✓ Difficulty breathing or swallowing
 - ✓ Unable to drink and therefore at risk of dehydration

Cough

- Majority are viral and would improve without antibiotics
- Most will **resolve on their own in 21 days**
- A cough without a temperature, phlegm and shortness of breath, is unlikely to be a chest infection

- Self-help ideas include:
 - ✓ Over the counter painkillers (ibuprofen/paracetamol)
 - ✓ Honey & lemon
 - ✓ Stop smoking
 - ✓ Rest if feeling unwell
 - ✓ Drink plenty of fluids

- You will need to be reviewed by your GP if:
 - ✓ You have an underlying lung condition like COPD or asthma
 - ✓ Your cough has lasted longer than 21 days
 - ✓ You have chest pain
 - ✓ You are short of breath
 - ✓ You are coughing up blood
 - ✓ Severe symptoms not controlled with over-the-counter medication.

Ear Ache

- Majority are viral and need no antibiotics
- **Will resolve on their own in 4-5 days**
- Those given antibiotics, only get better **12 hours sooner** than they would have been without them.
- Current guidance says we should only be prescribing antibiotics to those **under two who have in infection in both ears at the same time**

- Self-help ideas include:
 - ✓ Over the counter painkillers (ibuprofen/paracetamol)
 - ✓ Drink plenty of fluids

- You will need to be reviewed by your GP if:
 - ✓ No improvement after 4 days
 - ✓ Fluid leaks out of the ear
 - ✓ Other Symptoms: being sick repeatedly, feeling dizzy, a stiff neck, a rash, slurred speech, confusion, seizures , and/or being sensitive to light.
 - ✓ Severe symptoms not controlled with over-the-counter medication.

Sinusitis

- Majority are viral and need no antibiotics
- **Will resolve on their own in 14 days**
- Current guidance says we should only be prescribing antibiotics to those **who have had symptoms for over 2 weeks.**

- Self-help ideas include:
 - ✓ Over the counter painkillers (ibuprofen/paracetamol)
 - ✓ Honey & lemon
 - ✓ Stop smoking
 - ✓ Rest if feeling unwell
 - ✓ Drink plenty
 - ✓ Neilmed saline rinses

- You will need to be reviewed by your GP if:
 - ✓ No improvement after 14 days despite over-the-counter remedies
 - ✓ Severe symptoms not controlled with over-the-counter medication.

Children: When to Worry

- **High fever:** A body temperature over 38°C in children age 0-3 months or over 39°C in children age 3-6 months, which does not come down with paracetamol and ibuprofen.
- **Not improving:** Your child is generally unwell or doesn't start to improve after four days.
- **Dehydration:** Reduced urine output . Your child should do at least one wee in an 18 hour period.
- **Drowsiness:** Sleeping more when you are unwell is normal. However being unable to wake your child up is abnormal and they need review.
- **Other symptoms:** Your child shows additional symptoms, such as being sick repeatedly, feeling dizzy, a stiff neck, a rash, slurred speech, confusion, seizures (fits), and/or being sensitive to light.

Side Effects of Antibiotics

- Vaginal/oral thrush
- Diarrhoea
- Vomiting
- Nausea
- Rashes
- Antibiotic associated Colitis
- Anaphylaxis

**ANTIBIOTICS DO
NOT WORK FOR
VIRAL INFECTIONS.**