

September 2022

## Cross Road Surgery Newsletter—Follow us on Facebook

### Treating your respiratory tract infections

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.

Have plenty of rest.

Drink enough fluids to avoid feeling thirsty.

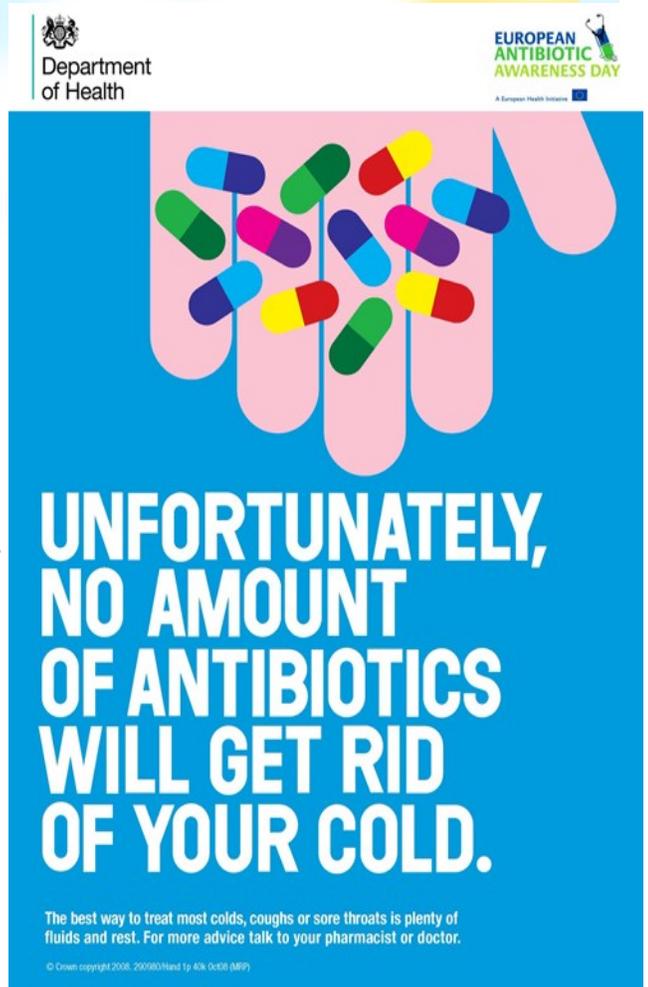
Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both).

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.

Condition and time most are better by

Middle-ear infection	8 days
Sore throat	7-8 days
Sinusitis	14-21 days
Common cold	14 days
Cough or bronchitis	21 days

PTO—When to seek help if your condition is getting worse



Department of Health

EUROPEAN ANTIBIOTIC AWARENESS DAY  
A European Health Initiative

UNFORTUNATELY,  
NO AMOUNT  
OF ANTIBIOTICS  
WILL GET RID  
OF YOUR COLD.

The best way to treat most colds, coughs or sore throats is plenty of fluids and rest. For more advice talk to your pharmacist or doctor.

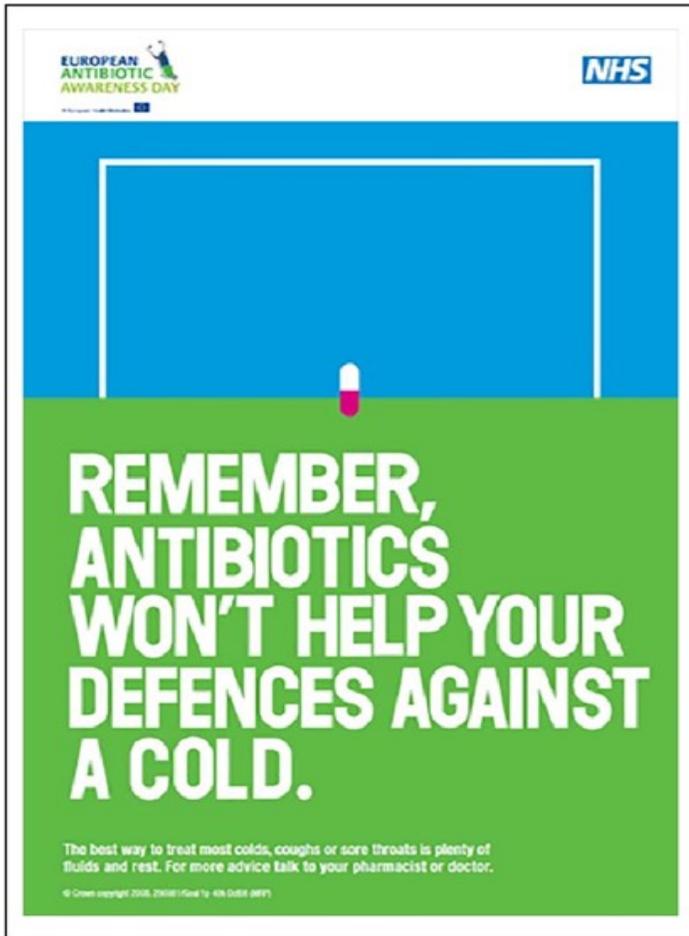
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Your local pharmacist can offer advice and provide some over the counter and prescription medicines free of charge, without the need to see your GP, for the following treatments:

- acne
- athlete's foot
- back pain (acute)
- chicken pox
- cold sores
- colic
- conjunctivitis (bacterial eye infection)
- constipation
- dermatitis
- diarrhoea
- dry eyes
- haemorrhoids (piles)
- hay fever
- head lice
- indigestion
- ingrowing toenails
- intertrigo (rash in skin folds)
- mouth ulcers
- nappy rash
- oral thrush
- ringworm
- scabies
- sore throat
- teething
- threadworms
- vaginal thrush
- verruca

Every change you make will help us help you.





### When to seek help for your condition

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 or your GP. If a child under the age of 5 has any of symptoms 1–3 go to A&E immediately or call 999.

1. if your skin is very cold or has a strange colour or you develop an unusual rash
2. If you have new feelings of confusion or drowsiness or have slurred speech
3. If you have difficulty breathing. Signs that suggest breathing problems can be
  - Breathing quickly
  - Turning blue around the lips and the skin below the mouth
4. if you develop a severe headache and are sick
5. if you develop chest pain
6. if you have difficulty swallowing or are drooling
7. if you cough up blood
8. if you are passing little or no urine
9. if you are feeling a lot worse

**Less serious signs that can usually wait until the next available appointment:**

If you are not starting to improve a little by the time given in 'Most are better by'

Children with middle-ear infection: if fluid is coming out of their ears or they have new deafness.

***If you think you have COVID-19 then please telephone 119 or visit [www.gov.uk/coronavirus](http://www.gov.uk/coronavirus) for the latest guidance.***

