

Due to the unprecedented situation of the current Coronavirus pandemic, we are trying to avoid seeing any patients with any form of infectious illness. This is partially to free up valuable resources to deal with the current crisis and also to help prevent transmission of Coronavirus in the community.

Most infections that patients develop in the community get better on their own without needing any medical attention.

For many illnesses self-help is the first port of call – see the link below

[Self Help for illnesses a guide for patients](#)

This leaflet gives you a way of managing your infection in the community and when to take medical advice when a more serious illness might be developing

Most upper respiratory tract infections get better on their own and often antibiotics have only a minimal effect on the duration of the illness **Adults**

What to expect from most upper respiratory tract infection - click the link below

[Royal college GPs guide to respiratory infections](#)

Middle-ear infection	8 days	<ol style="list-style-type: none"> 1. Have plenty of rest. 2. Drink enough fluids to avoid feeling thirsty. 3. Ask your local pharmacist to recommend medicines to help your symptoms or pain (or both). 4. 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 as a result of a fever. 	<p>The following are possible signs of serious illness and should be assessed urgently:</p> <ol style="list-style-type: none"> 1. If your skin is very cold or has a strange colour, or you develop an unusual rash. 2. If you feel confused or have slurred speech or are very drowsy. 3. If you have difficulty breathing. Signs that suggest breathing problems can include: <ul style="list-style-type: none"> • breathing quickly • turning blue around the lips and the skin below the mouth • skin between or above the ribs getting sucked or pulled in with every breath. 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 feeling a lot worse. <p>If you or your child has any of these symptoms, are getting worse or are sicker than you would expect (even if the 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.</p> <p>Less serious signs that can usually wait until the next available appointment:</p> <ol style="list-style-type: none"> 9. If you are not starting to improve a little by the time given in the 'Most are better by' column. 10. In children with middle-ear infection: if fluid is coming out of their ears or if they have new deafness. 11. Mild side effects such as diarrhoea, however seek medical attention if you're concerned.
Sore throat	7-8 days		
Sinusitis	14-21 days		
Common cold	14 days		
Cough or bronchitis	21 days		

Signs of more serious symptoms in adults If any of these develop you should call 111	Chest Pain, coughing blood, problems swallowing, feeling a lot worse, severe headache, trouble breathing, very cold skin, feeling confused
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Sepsis in adults and children

Sepsis is a life-threatening condition triggered by infection that affects the function of the organs. It is treated most effectively if recognised early. The leaflet below is a useful guide of when to be concerned

Adults

[**Sepsis Information Leaflet**](#)

Children

[**Sepsis Information Leaflet**](#)

Other infections

[Coronavirus](#)

[Urinary tract infections](#)

[Urinary tract infections in older adults](#)

Children

Having an ill child can be a very scary experience for parents.

The links below are very helpful guides for you.

[When should I worry? - A guide to coughs, colds, earache & sore throats](#)

[Guide to the common cold and childhood infections](#)

This booklet above for parents (and older children) and deals with common infections in children who are normally healthy. It is not meant for children who have ongoing health problems such as asthma, heart, or kidney problems.

You should not rely on the advice in this leaflet for children who are less than 3 months old. Babies younger than this can respond differently to infections.

Here are some other useful leaflets

[Fever in Children](#)

Caring for children with cough

 <p>RED</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> Becomes pale, mottled and feels abnormally cold to the touch Has pauses in their breathing (apnoeas), has an irregular breathing pattern or starts grunting Severe difficulty in breathing becoming agitated or unresponsive Is going blue round the lips Has a fit/seizure Becomes extremely distressed (crying inconsolably despite distraction), confused, very lethargic (difficult to wake) or unresponsive Develops a rash that does not disappear with pressure (the 'Glass test') Has testicular pain, especially in teenage boys 	<p>You need urgent help:</p> <p>Go to the nearest A&E department or phone 999</p>
 <p>AMBER</p>	<p>If your child has any of the following:</p> <ul style="list-style-type: none"> Is finding it hard to breathe including drawing in of the muscles below their lower ribs, at their neck or between their ribs (recession) or head bobbing Seems dehydrated (dry mouth, sunken eyes, no tears, drowsy or passing less urine than usual) Is becoming drowsy (excessively sleepy) or irritable (unable to settle them with toys, TV, food or picking up) - especially if they remain drowsy or irritable despite their fever coming down Has extreme shivering or complains of muscle pain Babies under 3 months of age with a temperature above 38°C /100.4°F Infants 3-6 months of age with a temperature above 39°C /102.2°F For all infants and children with a fever above 38°C for more than 5 days. Is getting worse or if you are worried Has persistent vomiting and/or persistent severe abdominal pain Has blood in their poo or wee Any limb injury causing reduced movement, persistent pain or head injury causing persistent crying or drowsiness 	<p>You need to contact a doctor or nurse today.</p> <p>Please ring your GP surgery or call NHS 111 - dial 111</p> <p>The NHS is working for you. However, we recognise during the current coronavirus crisis at peak times, access to a health care professional may be delayed. If symptoms persist for 4 hours or more and you have not been able to speak to either a GP or 111, then take your child to the nearest A&E</p>
 <p>GREEN</p>	<p>If none of the above features are present</p> <ul style="list-style-type: none"> You can continue to provide your childcare at home. Information is also available on NHS Choices Additional advice is available to families for coping with crying of well babies Additional advice is available for children with complex health needs and disabilities. 	<p>Self care</p> <p>Continue providing your child's care at home. If you are still concerned about your child, call NHS 111 - dial 111</p>