



Public Health  
England

# RESPIRATORY TRACT INFECTION

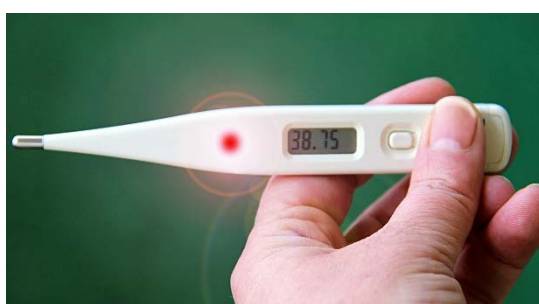
A step-by step guide on how to manage your infection

## 1. FIRST, CONSIDER IF YOU HAVE COVID-19

Common symptoms of COVID-19 to look out for are:



A loss of, or change  
to your sense of  
smell or taste



A high temperature  
(feeling hot to touch  
on chest or back)



A new continuous  
cough (coughing a lot  
for more than an hour)

## 2. GET A COVID-19 TEST

If you have any of these symptoms,  
you should book a COVID-19 test,  
stay at home and self-isolate. Visit:

[www.gov.uk/get-coronavirus-test](https://www.gov.uk/get-coronavirus-test)



- Call 111 or visit [www.111.nhs.uk/covid-19](https://www.111.nhs.uk/covid-19) if you are worried or not sure what to do.
- Visit [www.gov.uk/coronavirus](https://www.gov.uk/coronavirus) or [www.nhs.uk](https://www.nhs.uk) for more information



TARGET

Keep Antibiotics Working

### 3. HELP YOURSELF TO FEEL BETTER

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



Take paracetamol to help pain; always follow the instructions



Get plenty of rest until you feel better



Ask your pharmacist for advice on reducing your symptoms



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 website [www.nhs.uk](http://www.nhs.uk).

Most common infections get better without antibiotics.

Find out how you can make better use of antibiotics by visiting:

[www.antibioticguardian.com](http://www.antibioticguardian.com).

## 4. 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, NHS Direct Wales or NHS 24** (see step 6).



## 5. LOOK OUT FOR SERIOUS SYMPTOMS

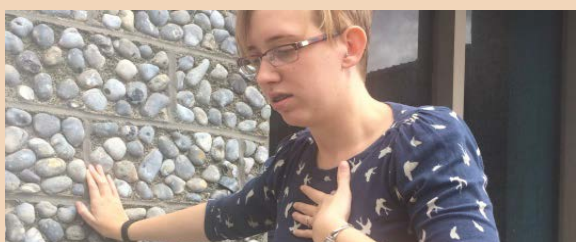
If you have an infection and develop any of the symptoms below, you should be **seen urgently by a doctor**. Ring your **GP practice** or call **NHS 111**, **NHS Direct Wales** or **NHS 24**.



**Severe headache**



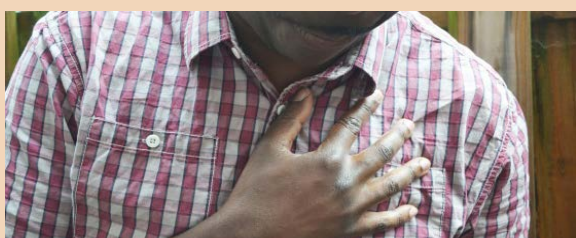
**Very cold skin**



**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 [www.111.nhs.uk/covid-19](https://www.111.nhs.uk/covid-19))

## 6. WHERE TO GET HELP

**NHS ENGLAND**



**NHS DIRECT WALES**



**NHS SCOTLAND**



**NORTHERN IRELAND**



**If you have an EMERGENCY, call 999 immediately.**