



NHS



KEEP CALM AND ANTIBIOTICS AREN'T ALWAYS THE ANSWER

Self-care advice sheets for patients

**These advice sheets can be used as a tool
to interact with patients and support
consultations for self-limiting infections**

www.keepcalmthiswinter.org.uk

 @keepcalmne

Self-care

Pharmacy





Patient Name:



Your doctor or nurse recommends that you self-care

Back-up antibiotic prescription issued

This should be collected from reception after days only if you do not feel better or you feel worse

Infection type:

Usually lasts:

Self-care advice:

- Middle-ear infection 4 days
- Sore throat 7 days
- Common cold 10 days
- Sinusitis 18 days
- Cough or bronchitis 21 days
- Other infection: days

- + Have plenty of rest and drink lots of fluids
- + Ask a pharmacist to recommend medicines to help your symptoms
- + Fever is a sign the body is fighting infection and usually gets better by itself. Paracetamol or ibuprofen can help reduce fever

Why you were not prescribed antibiotics today:

- + Antibiotics can cause side effects such as rashes, thrush, stomach pains, diarrhoea, reactions to sunlight, or being sick if you drink alcohol with metronidazole
- + 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
- + **The more we use antibiotics, the greater the chance that the bacteria will become resistant to them so that they no longer work on our infections**

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