

Diagnosis:

Cold**Sinusitis****Flu****Sore throat****Dry Cough****Water infection****Chesty Cough****Ear Ache****Other**

No Antibiotic Prescription Needed

Because.....

- Your doctor/nurse has explained that they will not help you get better any quicker
- You probably have a virus infection and antibiotics do not work against viruses
- Your infection will start to clear up within a few days
- Bacteria (bugs) that cause other infections are becoming resistant to many antibiotics because of inappropriate use
- If we do not use antibiotics wisely in the future, they might not work against more serious bacterial infections such as meningitis and pneumonia
- Antibiotics might make you feel worse as they often have side effects such as nausea, diarrhoea and rashes

Here are some things you can do to make you feel better:

- Stay at home and rest if you have a temperature (feel feverish) or have aches and pains
- Drink plenty of water or soft drinks
- Take paracetamol (follow the instructions on the packet) to bring your temperature down and/or soothe your aches and pains
- If you have a stuffy/blocked nose or catarrh try an inhalation such as menthol and eucalyptus in hot water
- Speak to your local pharmacist about other remedies you can safely take for your symptoms

Phone or visit your GP surgery for further advice if you are not getting better within a few days, or at any time if you are concerned about your symptoms.

