



I am ill, what should I do now?

What to do with a respiratory infection?

Many common infections can take a while to heal completely. Usually, you don't need to take any antibiotics for these.

How long do infections last on average?

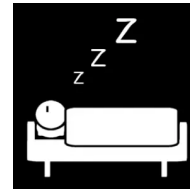
- Ear infection - 8 days
- Pharyngitis - 7-8 days
- Cold - 10 days
- Sinusitis - 14-21 days
- Cough/bronchitis - 21 days



The more antibiotics you take, the more likely it is that the bacteria will become insensitive (resistant) to them. Taking antibiotics also has side effects, such as: skin rashes, abdominal pain, diarrhoea, fungal infections, ... This is because they also destroy the good bacteria in and on our bodies.

What can you do yourself?

- Rest well
- Drink plenty of water
- Wash hands regularly/use alcohol gel
- Take painkillers (e.g. paracetamol) in case of pain and fever



When do you need to see your family doctor (GP)?

Babies and children:

- Babies younger than 3 months with a fever $>38^{\circ}$ should go to the emergency department of the hospital
- Babies between 3 and 6 months with a fever $>38,5^{\circ}$ can go to the GP
- Children should go to the GP:
 - If fever/earache does not improve with painkillers after 2-3 days
 - When there is fluid coming out of the ear
 - In case of impaired hearing that does not recover after 2 weeks

Everyone:

- If the symptoms last longer than normal
- Severe headache/general unwellness
- Cold/clammy skin
- Odd rash or skin colour
- Confusion, drowsiness, speech difficulties
- Neck stiffness
- Breathing problems
- Blue lips
- Chest pain
- Swallowing problems/drooling
- Coughing up blood
- Uncontrollable shivering/sweating
- Worsening state of health or development of new symptoms

If you have mild symptoms, you can usually wait to see a doctor.

