

**For the attention of schools, nurseries and childcare settings – please cascade to parents and carers:**

Over recent weeks, our local NHS services have seen an increase in the number of adults and children with cold or flu-like symptoms and associated respiratory illnesses.

Respiratory tract infections (RTIs) can affect the upper respiratory tract, such as the sinuses and throat (e.g. common cold, tonsillitis), or the lower respiratory tract, such as the airways and lungs (e.g. chest infection, pneumonia). Most RTIs pass within 2 weeks and will get better without treatment, but sometimes you may need to see your GP.

Treatment from your GP will depend on whether your RTI is caused by a virus or bacteria. Antibiotics are only used to treat bacterial infections. They do not work for viral infections.

You can find out more about RTIs, including the symptoms, how to treat them and where to go for more help, on the NHS website here: <https://www.nhs.uk/conditions/respiratory-tract-infection/>

The chart below has been designed to help you choose the right type of care to access for a range of illnesses and injuries:

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|------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Self-care</b><br>                | <b>Grazed Knee<br/>Cough or cold<br/>Sore throat</b>               | Make sure your medicine cupboard is stocked up with over the counter remedies                                                                                                                                          |
| <b>NHS 111</b><br>                  | <b>Unsure<br/>Unwell<br/>Confused<br/>Need to know where to go</b> | When you need medical help fast but it's not a 999 emergency                                                                                                                                                           |
| <b>Pharmacy</b><br>                 | <b>Diarrhoea<br/>Runny Nose<br/>Headache</b>                       | For advice on common illnesses and medicines to treat them                                                                                                                                                             |
| <b>Your GP and Out of Hours</b><br> | <b>Ear pain<br/>Backache<br/>Throat infection</b>                  | If you have an illness or injury that won't go away make an appointment to see your GP. If it's outside your GP's opening hours, you can telephone your GP surgery to be directed to the local 'Out of Hours' service. |
| <b>Minor Injuries Unit</b><br>      | <b>Strains<br/>Sprains<br/>Stitches</b>                            | For minor injuries                                                                                                                                                                                                     |
| <b>A&amp;E and 999</b><br>          | <b>Choking<br/>Chest pain<br/>Blackout<br/>Blood loss</b>          | Life threatening situations and emergency                                                                                                                                                                              |