**You have had a positive result for a respiratory infection**

This swab tested for Covid 19, Influenza and other viral infections including rhinovirus, RSV, adenovirus, coronavirus (non-sars Cov-2), Human metapneumovirus, parainfluenza. It also tests for one bacterial infection, mycoplasma pneumoniae.

**What this means for you?**

If you or your child has one of the above infections, there’s usually no need to see a GP as it should clear within 2-3 weeks. The general advice for any of the above infections is as follows:

|  |  |
| --- | --- |
| Advice from the Doctors  | How to Prevent Spread  |
| * rest
* get plenty of sleep
* keep warm
* drink lots of water to avoid dehydration
* take Paracetamol or Ibuprofen to lower your temperature and treat aches and pains
* stay off work or school until you feel well enough to return
 | * wash your hands regularly with soap and warm water
* clean surfaces like your computer keyboard, telephone and door handles regularly
* use tissues to cover your mouth and nose when you cough or sneeze
* bin used tissues as soon as possible
* avoid unnecessary contact with other people while you’re infectious
* stay off work or school until you’re feeling better
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**Covid 19**

If you have tested positive for Covid 19 and are a high risk of becoming seriously unwell, you might be eligible for antiviral treatment. Treatment must be given soon after the onset of symptoms, within 5 days. People with the following conditions should seek further advice:

1. Down’s syndrome, or another chromosomal disorder that affects your immune system
2. certain types of cancer, or have received treatment for certain types of cancer
3. sickle cell disease
4. certain conditions affecting your blood
5. chronic kidney disease (CKD) stage 4 or 5
6. severe liver disease
7. had an organ transplant
8. certain autoimmune or inflammatory conditions (such as rheumatoid arthritis or inflammatory bowel disease)
9. HIV or AIDS and have a weakened immune system
10. a condition affecting your immune system
11. a condition affecting the brain or nerves, such as multiple sclerosis, muscular dystrophy, motor neurone disease, myasthenia gravis, Huntington’s disease, Parkinson’s disease or certain types of dementia
12. certain lung conditions or treatments for lung conditions

If you’re eligible, call NHS Lothian Health Board to access treatment – 03007906769.

**Influenza**

Flu (influenza) is a common infectious viral illness. The symptoms of flu usually develop 1 to 3 days after becoming infected. Most people will feel better within a week.

**Mycoplasma Pneumoniae**

Mycoplasma pneumoniae is a bacterial infection which causes flu-like respiratory illness, ranging in severity from a mild respiratory illness to a more serious pneumonia. It most commonly affects children and young adults. An antibiotic is usually effective and so you should contact your GP to discuss this if your symptoms are not improving.

**When to get in touch with a GP?**

You only really need to contact a GP if

* Your symptoms persist for more than 3 weeks
* Your symptoms get suddenly worse
* You have difficulty breathing
* You develop complications of your infection such as chest pain or coughing up bloodstained mucus.

It might also be a good idea to get advice from your GP if you are concerned about your child or an older person, if you are pregnant or if you have a long-term illness such as a lung condition.

Further information is available on the NHS inform website. You can also phone NHS 24’s 111 service for advice.