

Think twice before asking your GP for antibiotics!



Cold? Flu? Take care not antibiotics!

What to do if you have a cold or flu:

1. Rest and take care of yourself in order to get better
2. Drink plenty of liquids to avoid becoming dehydrated
3. Ask your pharmacist about other treatments that can help relieve your symptoms

Antibiotics are medicines used to treat infections caused by bacteria, not viruses like the common cold.



Many mild infections (colds, most coughs, ear aches and sore throats) get better without antibiotics. Your pharmacist can give you advice on how to treat your symptoms.

There can be side effects to taking antibiotics, and some antibiotics also affect other medicines being taken, making them less effective.



Using antibiotics too much can cause resistance.

- **Keeping antibiotics effective is everyone's responsibility**
- **Responsible use of antibiotics can help stop resistant bacteria**
- **Stopping resistant bacteria will keep antibiotics effective for the future**

When you do need antibiotics, make sure you take them responsibly.

- **Follow your doctor's advice on how and when to take them (i.e the correct dose at the specified time interval and length of time)**
- **Don't take antibiotics without a doctor's prescription**
- **Don't use "left-over" antibiotics**

Remember

- **Antibiotics won't work in the case of a cold or the flu**
- **Take antibiotics responsibly and only when they are prescribed by your doctor**