

Antibiotics

What you and your family should know

Antibiotic resistance

- Antibiotics don't work against colds, flu, sore throats, coughs and infections caused by viruses;
- When we overuse antibiotics or use them inappropriately, bacteria can find ways to adapt and become resistant;
- Antibiotics are vital for fighting serious and life threatening infections;
- If we want to be able to use antibiotics when we need them, we need to stop overusing them.

What to do if you're ill

- A pharmacist can advise you on alleviating your symptoms;
- Don't expect and don't pressure a medical professional to prescribe antibiotics;
- If you are prescribed antibiotics, make sure you complete the course and don't save any for another time;
- Wash your hand regularly with soap and water to help stop the spread of infection.

Your Infection	Usually lasts	Antibiotics needed
Middle-ear infection	4 days	Sometimes
Sore throat	7 days	Sometimes
Common cold	10 days	No
Flu	10 days	No
Sinusitis	18 days	Sometimes
Cough or bronchitis	3 weeks	No