

ANTIBIOTICS AREN'T ALWAYS THE ANSWER



Why won't my GP prescribe antibiotics for my cold?

- + Antibiotics do not work for viral infections like colds and flu or for most sore throats and earaches
- + Antibiotics cannot prevent viruses spreading to other people
- + Antibiotics **only** fight infections caused by bacteria

What is antibiotic resistance?

- + When bacteria adapt and survive the effects of antibiotics, they no longer work, this is called 'antibiotic resistance'





More about antibiotic resistance

- + The more you use antibiotics, the greater the risk bacteria will develop resistance
- + This means when you need antibiotics they may not work
- + By only using antibiotics when necessary, they are more likely to work when we really need them
- + We all have a responsibility to protect antibiotics for our children's generation

What can I do about antibiotic resistance?

- + Only use antibiotics when it is appropriate, and only under the instruction of your doctor, nurse or pharmacist
- + If you are given antibiotics make sure you complete the course as prescribed
- + Never share antibiotics with other people

What other effects can antibiotics have?

- + Antibiotics can upset the natural balance of bacteria of your body
- + This allows other more harmful bacteria to increase and can mean you experience side effects such as thrush or diarrhoea

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THE ANSWER**

