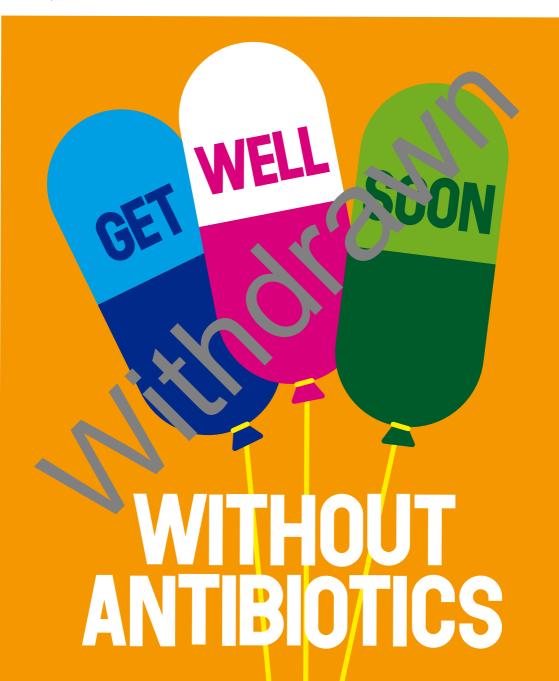




A European Health Initiative





## **Get better without using antibiotics**

This leaflet explains the need to get the right treatment for common illnesses such as colds and coughs without encouraging antibiotic resistance.



#### **How should I treat my cold?**

The best way to treat most colds, coughs or sore throats is to dring pleaty of fluids and to rest. Colds can last about two weeks and may end with a cough and bringing up phlegm. There are many over the counter remedies to ease the symptoms – paracetamol, for example. Ask your phormacist for advice. If the cold lasts more than three weeks, or you be countereathless or have chest pains, or already have a chest complaint, see your doctor.



## What about my children, they're always jetting counts and colds?

It's very common for children to get a light and colds, especially when they go to school and mix with other conden. Ask your pharmacist for advice. If the symptoms persist and you're condend, see your doctor but you shouldn't expect to be presented as ibicates.



# Why should antify tics in the used to treat coughs and colds?

All colds and lost coughs and sore throats are caused by viruses. Antibiotics do not look as an experience of the same of the



## What a antibiotics?

Antibiotics are important medicines used to treat infections caused by bacteria. Bacteria can adapt and find ways to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works. The more often we use an antibiotic, the more likely it is that bacteria will become resistant to it. Some bacteria that cause infections in hospitals, such as MRSA, are resistant to several antibiotics.



### Why can't different antibiotics be used instead?

They can, but they may not be as effective, and they may have more side-effects. And eventually the bacteria will become resistant to them too. We cannot be sure we will always be able to find new antibiotics to replace the old ones. In recent years fewer new antibiotics have been discovered.



#### How can antibiotic resistance be avoided?

By using antibiotics less often we can slow down the develor ment of resistance. It's not possible to stop it completely, but slowing down stops resistance spreading and buys some time to develop new types. Antibiotics.



### What can I do about antibiotic resistance?

By only using antibiotics when it's coprediate to loo. We now know that most coughs and colds get better just a quied without antibiotics. When they are prescribed, the complete course should be aken in order to get rid of the bacteria completely. If the course sn't completed, some bacteria may be left to develop resistance.



## So when well be reserved antibiotics?

Your doctor will only prescribe antibiotics when you need them, for example for a lower intention of pneumonia. Antibiotics may be life-saving for infections such a meningitis. By not using them unnecessarily, they are not like a to work when we need them.

Further information can be found on the following website: www.nhs.uk/antibiotics



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