



Keep Antibiotics Working

Taking antibiotics when you don't need them means they are less likely to work for you in the future.

The best way to treat common colds, coughs or sore throats is plenty of fluids, rest and painkillers if needed, not antibiotics.

Colds and sore throats typically last about 7 days and coughs can last for up to 3 weeks. For more information, if you are worried, or if symptoms continue for much longer than this then talk to your pharmacist or doctor.

Find out how you can help at Antibioticguardian.com

