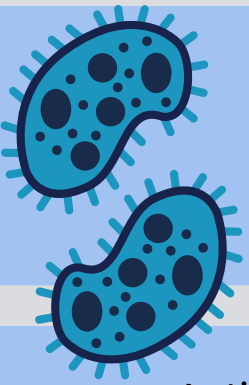




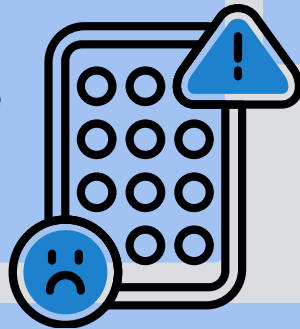
## Did you know ?

Overuse and misuse of antibiotics can make them ineffective



**Antibiotics are powerful medicines that work by killing bacteria or stopping them from growing.**

Antibiotics can also cause side effects like nausea, diarrhea and allergic reactions.



**Antibiotics do not work against viruses**, which cause illnesses like colds or flu! These will usually get better on their own with rest, fluids and symptom relief.



We can make bacteria stronger and harder to kill if we take antibiotics when we do not need them (like for colds or flu), or when we don't take them as prescribed!

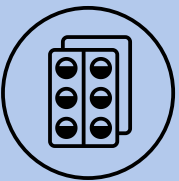
This **Antibiotic Resistance** means that spreading resistant infections can put everyone at risk!

## How can we use antibiotics safely?



**Only take antibiotics prescribed by your doctor.**

Do not use antibiotics for colds, flu, or other viral infections as they will not make you feel better and increase resistance.



**Follow directions and complete the full course.**

Take antibiotics exactly as directed, even if you feel better before you finish the full course.



**Do not share antibiotics or use leftovers.**

This can lead to incorrect treatment and growth of resistant bacteria.

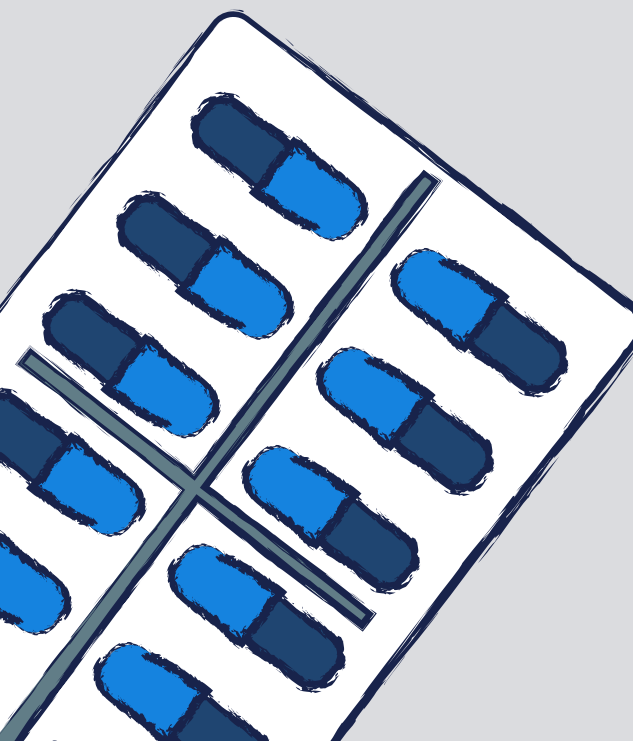


**Avoid demanding antibiotics from doctors or pharmacists.**

If your doctor or pharmacist says it is not necessary, trust their expertise.



**Ask your doctor or pharmacist** about other ways to treat viral infections like cold and flu and manage symptoms.



**SPREAD THE WORD:  
BE SMART ABOUT ANTIBIOTICS**

Proper use of antibiotics is everyone's responsibility.

If we work together, we can combat antibiotic resistance and make sure that everyone gets effective treatments.

For more information, talk to your doctor or pharmacist.