

## To help prevent spread of viral infections:

Cover your mouth and nose when coughing or sneezing, dispose of tissues following use and remember to wash your hands regularly.

## What about bacterial infections?

Normally infections such as sore throat, cough/bronchitis, sore ear and nasal symptoms are caused by viral infections, but sometimes they can be caused by bacterial infections.

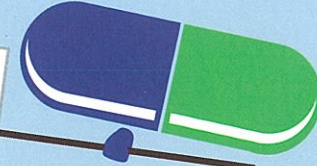
Your own immune system can clear many of these infections without the need for antibiotics. Antibiotics do little to speed up your recovery from most common infections.

However if you have a more serious bacterial infection such as pneumonia you will need treatment with antibiotics. This is why it is important to use antibiotics wisely, to ensure they are more likely to work when you really need them.

## When should I contact my doctor?

Contact your doctor if your symptoms start to change or get worse, or if you do not start to improve after a few days.

**DON'T NEED ME FOR SINUS INFECTIONS**



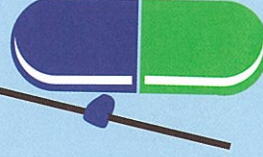
## Remember:

- Antibiotics DO NOT treat viral infections.
- Antibiotics are useful for many bacterial infections and may be life-saving for infections such as pneumonia and meningitis.
- Avoiding unnecessary use of antibiotics may slow down the development of antibiotic resistance.
- Healthcare workers, patients and patient's carers all have an important role to play in ensuring antibiotics remain effective.

Responsible use of antibiotics will help to ensure they are more likely to work when we really need them.

## For further information: Speak to your doctor, practice nurse or pharmacist

**I DON'T CURE THE COLD**



## Do I need an antibiotic?

**I DON'T CURE THE COLD**



**Patient information leaflet on common infections in adults: Coughs, Colds & Sore Throats, Runny/Blocked Nose**