

Antibiotics

Some Facts

- Antibiotic resistance has become a big problem, antibiotics treat infections by killing bacteria but the bacteria are fighting back and therefore are not working so well on some infections.
- Unfortunately, no amount of antibiotics will get rid of your cold, most winter ailments such as flu, coughs, sore throats, sinusitis or painful middle ear infection (earache).
- We need to make sure that when we do need to take antibiotics we take them as prescribed. For example, finish the course and don't miss doses.

How can you help?

- Please do not ask for antibiotics to treat your cold and flu symptoms.
- Rest, drink plenty of fluids, and take pain relievers such as paracetamol or ibuprofen to help with symptom relief.
- *Ask your local Community Pharmacy for advice!*
- If symptoms persist longer than expected, make an appointment to visit your GP or nurse prescriber. But don't always expect antibiotics!
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Please see below: For an idea of how long symptoms may last (if you are otherwise fit and healthy!)

Symptom	Time
Middle Ear infection	4 days
Sore throat	1 week
Cold	1.5 weeks
Sinusitis	2.5 weeks
Coughs	2 - 3 weeks
Flu	Upto 10 days

It might not be a cold!

Could it be hayfever? Hayfever can make you feel as rubbish as coughs, colds and other common viruses. Your local Community pharmacist can offer professional advice on relief from these common ailments and advise you on what products are best for you as an individual.

Other useful contacts:

Call **NHS 111** service if you need medical help or advice fast but not an emergency.

Visit www.nhs.uk (NHS choices) website

Medicines Management & Prescribing Team, NEL Commissioning Support Unit (Anglian pod – West)

For more information regarding antibiotic resistance please visit www.gov.uk and search antibiotics