

Talk to your Pharmacist

for advice about antibiotic use and alternatives for viral conditions



Why does this matter?



Antibiotics treat bacterial infections, not viral ones. They do not work on conditions like colds, flu, most sore throats and mild cough. Using antibiotics when we do not need them can make them stop working on the same infections in the future.

Why should we reach out to our pharmacist?

Expert advice on when you need or don't need antibiotics.

Can explain why you should not take antibiotics when you do not need them

Expert advice and safe alternative remedies

What questions can we ask our pharmacist?

Asking the right questions will help us receive the information we need. Remember to share your symptoms and health history with your pharmacist to receive advice that is tailored to your needs. Have a look below for some helpful questions.

"Do I need antibiotics for my condition?"

Antibiotics should only be used for bacterial infections. Ask your pharmacist if your symptoms suggest a bacterial infection or if there are other treatments.



"What other risks are related to antibiotics?"

Every antibiotic can cause side-effects. Your pharmacist can help you understand what to expect, check for any food or medication interactions, or provide alternative treatments if antibiotics are not needed.

"What over-the-counter products can help me with my symptoms?"



Pharmacists can suggest remedies like nasal decongestants, throat lozenges, and pain relievers to manage your symptoms. Ask them for advice on what options would be best for you.

"What can I do to help protect myself and those around me from infections?"

We can all contribute to preventing infections from spreading and antibiotic resistance from growing. Ask your pharmacist for more information on what you can do to help this global effort.

BE AN ANTIBIOTIC GUARDIAN

Your pharmacist is a vital resource in managing your health, especially when dealing with viral infections. By talking to them, you can understand more about antibiotics and discover safe, effective alternatives for symptom relief. **Take charge of your health - reach out to your pharmacist today!**

