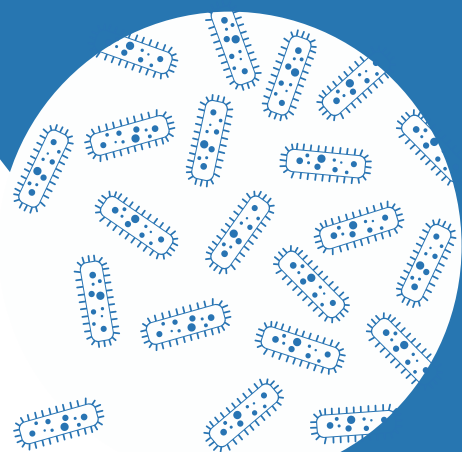


Resistant bacteria are a major threat to our health

All use of antibiotics leads to resistance. By using antibiotics only when really necessary, we can stem the trend towards resistance



Want to know more?



www.1177.se



www.antibiotikaellerinte.se



www.skyddaantibiotikan.se

When do antibiotics help?



Antibiotics have no effect in the case of
mild tonsillitis
colds
bronchitis
ordinary coughing

Have doubtful effect in the case of
ear infections in children aged between 1-12 years
sinus infections



Can alleviate symptoms in the case of
tonsillitis
cystitis

Can reduce the risk of complications in the case of
ear infections in infants
certain wound infections



Must be used in the case of
borrelia
chlamydia and gonorrhoea

They save lives in the case of
blood poisoning
meningitis
pneumonia
pyelonephritis

We must all help by reducing unnecessary use of antibiotics

- so that the medicine works when it's really needed

Avoid exposing yourself and others to infection by...



always washing your hands before meals and after visiting the toilet



coughing and sneezing into the armpit



using paper handkerchiefs

Some simple advice for when you have a cold:



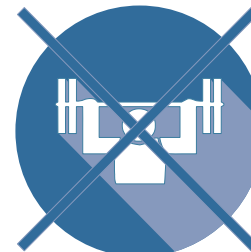
Sleep with your head high



Drink plenty of water



Use a nose spray, pain relief and fever reduction preparations as needed



Avoid strenuous physical endeavours