

# You have an infection which does not need antibiotics

You have:

- Cold & cough
- Flu
- Chest infection (bronchitis)
- Sore throat & tonsillitis
- Ear infection
- Other \_\_\_\_\_

Taking antibiotics for your condition will not help and could cause harm.

If you are not getting better within  days or if your symptoms get worse, make your GP team your first call 24/7.

You should start to feel better in a few days if you:

- Drink plenty of fluids
- Get some rest
- Take some paracetamol
- Other \_\_\_\_\_



For more information about your health condition, or why you don't need antibiotics, go to [healthinfo.org.nz](http://healthinfo.org.nz)