



Your health is very important to us

Name of facility or practitioner

promises to

- recommend the best possible treatments and explain them
- prescribe antibiotics, only if they are likely to be effective

You can help by

- listening to, and following your health professional's advice
- not asking for antibiotics for virus infections, like colds or flu
- asking these questions during your appointment:
 - Do I really need to have this test, treatment or procedure?
 - What are the risks?
 - Are there simpler, safer options?
 - What happens if I do nothing?

Remember, many infections get better by themselves.

Why using antibiotics wisely matters

Antibiotics are for fighting serious infections caused by some bacteria. If your symptoms are caused by a virus, an antibiotic won't help.

Even when used correctly, antibiotics can have side effects such as skin rashes, diarrhoea, or thrush. Also, for a while after taking antibiotics you will be more vulnerable to new infections.

Each time antibiotics are used, there is a chance that some bacteria will survive and be resistant to future treatment. If we overuse antibiotics, they might not work when we really need them.

Keeping antibiotics effective into the future is in all our interests

If you have any questions about the use of antibiotics, please ask your doctor, nurse, or pharmacist.



CHOOSE
WISELY

Choosing Wisely is an international initiative that aims to avoid wasteful or unnecessary medical tests, treatments and procedures - this includes not prescribing antibiotics where they won't help.

ANTIBIOTICS DON'T FIX EVERYTHING
Take advice from your health professional

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