

# 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*