



# Antibiotics can help, but they can also harm



Antibiotics are for fighting serious infections caused by some bacteria.

*They don't work on viruses such as colds and flu.*

Taking antibiotics 'just in case' can harm you. They can have unpleasant side effects and make you vulnerable to new infections for a time after treatment.

Also, each time antibiotics are used some resistant bacteria may survive, making infections harder to treat in future.

Remember, many infections get better by themselves.

## How can you help?

Follow your health professional's instructions, and listen to their advice. By following it you can help keep antibiotics effective into the future.

Our children will thank you for that.

## Our health system's commitment to you

- Your health is very important to us - when you are ill we promise to treat your illness in the best way possible
- We won't prescribe antibiotics when they are likely to do more harm than good.

## Want to know more?

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



## Canterbury

District Health Board

Te Poari Hauora o Waitaha



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