

When you have
a cold or flu,
Antibiotics are
not for you!

NHS



Get better without antibiotics



- Coughs and colds are common among children, especially when they are at school and mixing with other children.
- Most are caused by viruses and symptoms are usually mild and will clear up without medicines.
- Antibiotics are not effective against viruses.
- The best treatment for common coughs and colds is to drink plenty of fluids and rest. Ask your local pharmacist for advice.
- If symptoms persist or you are concerned, consult your doctor.

www.nhs.uk/staywell