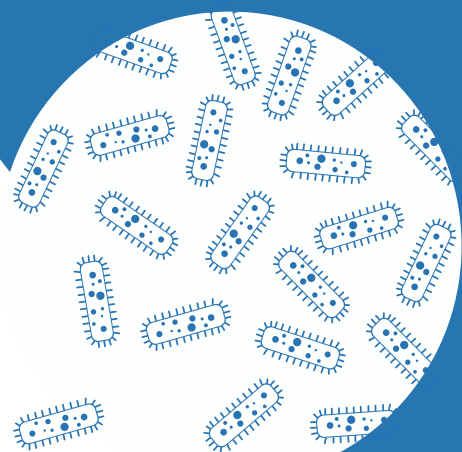


## Resistant bacteria are a major threat to our health

All use of antibiotics leads to resistance. By using antibiotics only when really necessary, we can stem the trend towards resistance



### Want to know more?



[www.1177.se](http://www.1177.se)



[www.antibiotikaellerinte.se](http://www.antibiotikaellerinte.se)



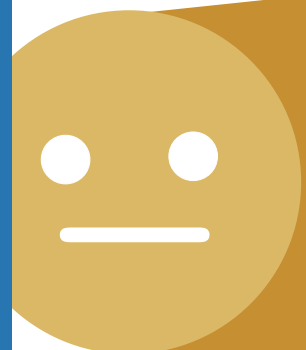
[www.skyddaantibiotikan.se](http://www.skyddaantibiotikan.se)

## When do antibiotics help?



**Antibiotics have no effect in the case of**  
mild tonsillitis  
colds  
bronchitis  
ordinary coughing

**Have doubtful effect in the case of**  
ear infections in children aged between 1-12 years  
sinus infections



**Can alleviate symptoms in the case of**  
tonsillitis  
cystitis

**Can reduce the risk of complications in the case of**  
ear infections in infants  
certain wound infections



**Must be used in the case of**  
borrelia  
chlamydia and gonorrhoea

**They save lives in the case of**  
blood poisoning  
meningitis  
pneumonia  
pyelonephritis

# We must all help by reducing unnecessary use of antibiotics

- so that the medicine works when it's really needed

Avoid exposing yourself and others to infection by...



always washing your hands before meals and after visiting the toilet



coughing and sneezing into the armpit



using paper handkerchiefs

Some simple advice for when you have a cold:



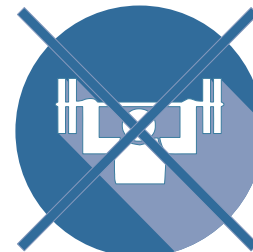
Sleep with your head high



Drink plenty of water



Use a nose spray, pain relief and fever reduction preparations as needed



Avoid strenuous physical endeavours