



KEEP CALM AND ANTIBIOTICS AREN'T ALWAYS THE ANSWER

Antibiotics don't work for winter viruses.

You can usually fight off these viruses on your own ✓

Antibiotics can cause unpleasant side effects ✓

**The more we use antibiotics, the greater
chance bacteria will become resistant to
them so they no longer work ✓**

www.keepcalmthiswinter.org.uk

 [@keepcalmne](https://twitter.com/keepcalmne)

Self-care

Pharmacy

NHS 111

