

# Antibiotics **don't work** for most colds, sore throats, earaches and coughs

**Your immune system can fight most common respiratory infections without antibiotics**

Don't worry if your symptoms last for more than a few days — that's normal



Earache: 4 days

Sore throat/tonsillitis: 1 week

Common cold: 7-10 days

Flu: 2 weeks

Runny nose/nasal congestion: 1-2½ weeks

Sinusitis: 2-3 weeks

Dry/tickly cough: 3 weeks

Get fast, effective relief for your symptoms using the **1, 2, 3** approach:

**1** **Assess** your symptoms and tell your pharmacist

**2** **Beat** symptoms with effective, tailored products

**3** **Care** for yourself – drink plenty of fluids and rest

## Join the fight to save antibiotics!

Using antibiotics can turn bugs into superbugs that are hard to treat. Treat your symptoms and keep antibiotics working

From the Global Respiratory Infection Partnership (GRIP), an international group of healthcare professionals committed to saving antibiotics for the future

 **GRIP**  
GLOBAL RESPIRATORY  
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