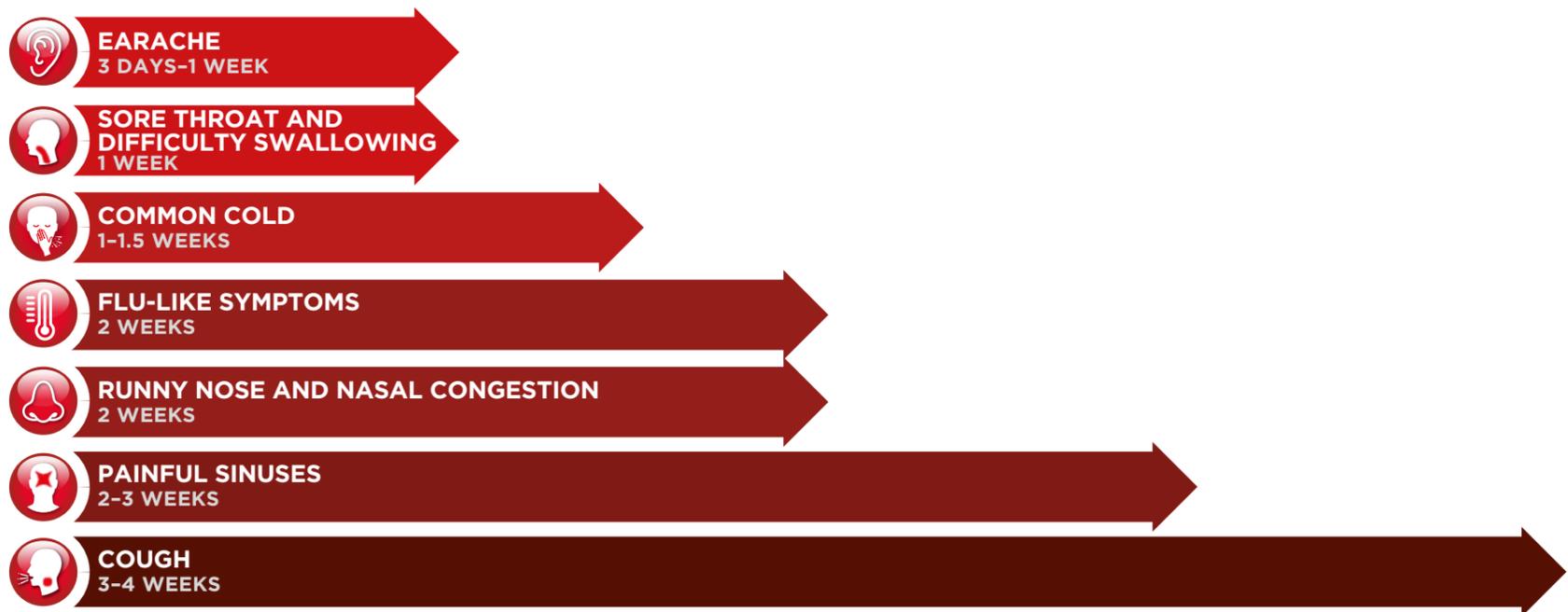


ANTIBIOTICS DON'T WORK FOR MOST COLDS, SORE THROATS, EARACHES AND COUGHS

Don't worry if your symptoms last for more than a few days - that's normal while your immune system tackles the infection



GET FAST, EFFECTIVE RELIEF FOR YOUR SYMPTOMS USING THE 1,2,3 APPROACH:

- 1 ASSESS YOUR SYMPTOMS AND TELL YOUR PHARMACIST**
- 2 BEAT YOUR SYMPTOMS WITH EFFECTIVE PRODUCTS TAILORED FOR YOU**
- 3 CARE FOR YOURSELF - DON'T FORGET TO STAY HYDRATED AND REST**

DON'T HELP BACTERIA BECOME RESISTANT - ONLY USE ANTIBIOTICS IF YOU NEED TO

- When you take antibiotics, bacteria in your body can become resistant to the antibiotic. These antibiotic-resistant bacteria can stay in your body for up to 1 year
- The resistant bacteria can be spread to family and friends. Effective handwashing can reduce the spread of bacteria
- Antibiotic-resistant bacteria are harder or even impossible to treat
- Antibiotics can cause side effects like diarrhoea and disrupt the good bacteria in your gut (microbiome) that are important for your health and immune system

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The Global Respiratory Infection Partnership (GRIP) is an international group of healthcare professionals committed to reducing inappropriate antibiotic use for respiratory tract infections in primary care and the wider community, helping to counteract antibiotic resistance.