

# Stop Antibiotic Resistance

Bacteria are becoming resistant to **antibiotics**.  
Keep **antibiotics** working for serious infections.

The best way to treat common colds, coughs or sore throats is plenty of fluids, rest and painkillers if needed, not antibiotics. For more information, or if you are worried, talk to your pharmacist or doctor



Make a poster or comic strip on being an Antibiotic Guardian for display in waiting rooms this winter. Visit [www.e-bug.eu](http://www.e-bug.eu) & [www.antibioticguardian.com](http://www.antibioticguardian.com) for more information. The best entry will win a prize so get your thinking cap on. Good luck!

Teachers, send A4 posters with name, class and school to:  
Alison MacDonald  
Antimicrobial Pharmacist  
Microbiology Department  
Raigmore Hospital  
Inverness. IV2 3UJ  
Closing date: 11th November 2016

Find out how you can help at [Antibioticguardian.com](http://Antibioticguardian.com)