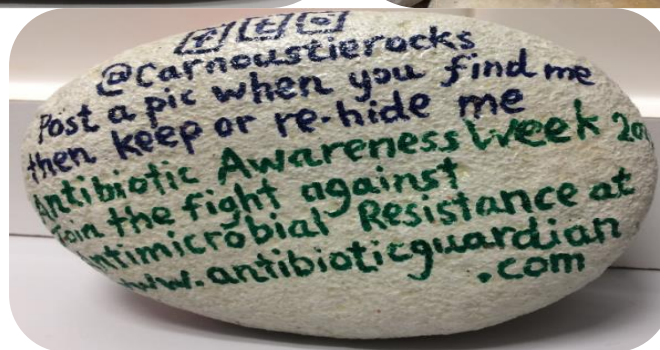


NHS Tayside Rocks!!!!

Raising Antibiotic Awareness in Tayside



**Now wash
your hands!**



NHS Tayside's Antimicrobial Management Team are working with @CarnoustieRocks to promote antibiotic awareness and are encouraging families in the area to get involved.

If you are lucky enough to find one of our special rocks please take a photograph and share it to the @CarnoustieRocks Facebook, Twitter or Instagram page. Your photos will also be shared on the NHS Tayside Facebook and Twitter pages.

Once you find one, you can keep the rock, or re-hide it in a safe place for someone else to find. Please make sure they are clearly visible so others can join in the fun.

Antibiotic resistance is one of the biggest threats facing us today as without effective antibiotics, many infections will become increasingly difficult to treat. Overuse of antibiotics causes bacteria to change and develop resistance, making infections harder to treat.

Contact your pharmacist, GP or NHS 24 if you need further advice about your illness.