

# Antibiotics don't work for most colds, coughs and up to 90% of sore throats

- Rather than asking for an antibiotic, ask your doctor or pharmacist about effective treatments to relieve your cold, cough or sore throat
- That way you're helping to stop antibiotic resistance – so antibiotics work when you REALLY need them
- Don't worry if your symptoms last a week or more – that can be normal

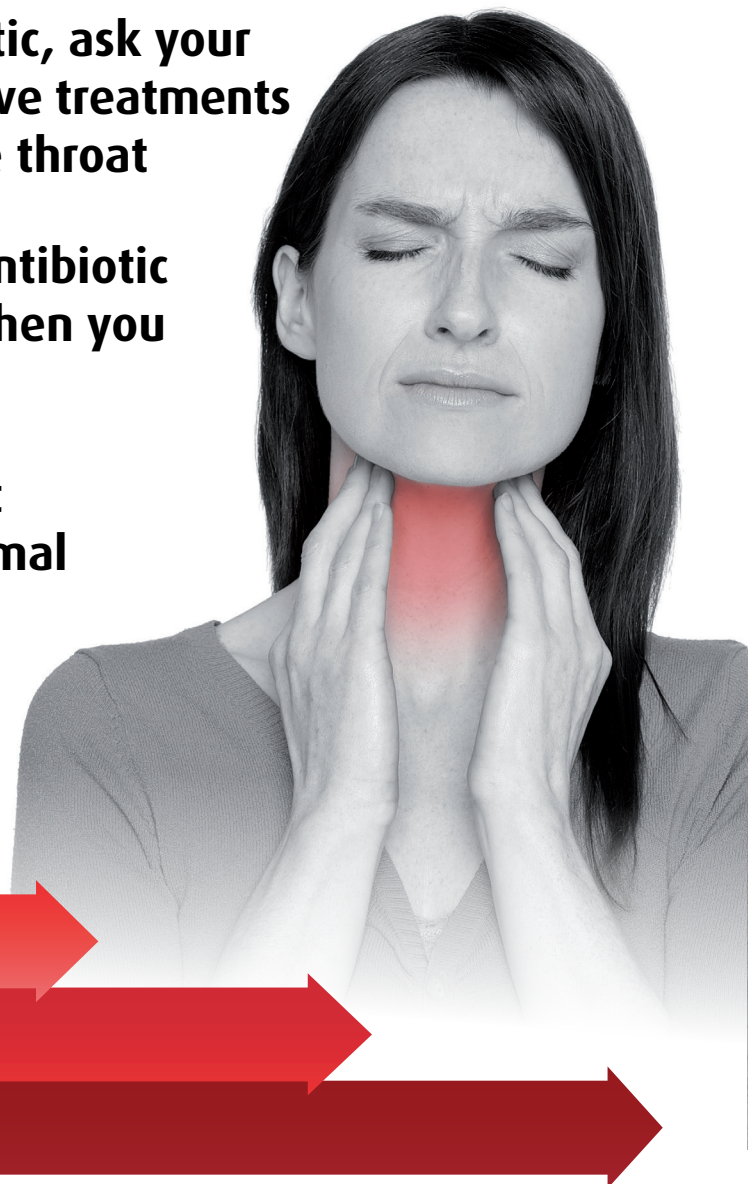
## Typical duration of common symptoms:

Sore throat/tonsillitis: 1 week

Common cold: 7-10 days

Flu: 2 weeks

Runny nose/nasal congestion: 1-2½ weeks



**TREAT SORE THROAT SYMPTOMS –  
SAVE ANTIBIOTICS FOR THE FUTURE**



Scan here to meet Bob

