

ing for our communities aroha He hauora te taou
Health whānaungatanga Tai Tokerau • Northland
improving health equity Mahitahi Hauora



Antibiotics and your whānau

Antibiotics aren't always the best treatment for some common infections. In fact, they can't fix a virus like a cold or flu, and are not usually needed to treat most ear infections.

We need to use antibiotics carefully, or they'll stop working.

Over time, antibiotics stop working if we overuse them because bacteria (germs) get better at defending themselves.

Your health professional will advise you if you need antibiotics and how to take them correctly. It's important to follow their advice.

For more information

www.healthnavigator.org.nz/medicines/a/antibiotics

www.healthline.govt.nz

You can call Healthline free 24 hours a day: **0800 611 116**

In an emergency visit your local hospital or call 111.

Always take your doctor, nurse or pharmacist's advice on using antibiotics.






Adapted from Keep Antibiotics Working with permission from Pharmac.








Colds & Flu

Most colds and flus get better by themselves in 7 to 10 days.

The 5 best ways to treat a cold or flu

-  1. Stay home and rest to help your body fight the virus.
-  2. Take pain relief medicines (paracetamol or ibuprofen) help reduce fever, headaches and body aches.
-  3. Take decongestants (nasal spray) to help clear a runny or blocked nose.
-  4. Suck throat lozenges or gargle with warm salt water (1/2 tsp salt in 1 cup water) to help soothe sore throats. Gargle for 30 seconds then spit out.
-  5. Drink plenty of water to keep your body hydrated.

5 ways to stop colds & flus spreading

-  1. Wash your hands with soap regularly for at least 20 seconds, and dry them properly.
-  2. Stay at home when you're sick.
-  3. Clean kitchen and bathroom surfaces regularly.
-  4. Keep your hands away from your mouth, nose, eyes or ears as much as possible. If you do need to touch them, wash your hands first.
-  5. Cover your nose and mouth with a tissue if you cough or sneeze. Throw the tissue in the bin and wash your hands afterwards. If you haven't got a tissue, cough or sneeze into your elbow.

Earache

Your health professional will tell you if you need antibiotics for earache. Usually, antibiotics won't help earaches to get better faster. Rest and pain relief medicines (paracetamol or ibuprofen) are usually the best things to help you feel better.

