

So, you've caught a bug...

Did you know?



70-90% of sore throats are caused by **viruses**, not bacteria (i.e. strep throat)



Most cases of **sinusitis** are caused by **viruses**, and only **0.5 to 2.0%** of them go on to develop an overlying **bacterial** infection.



85-90% of cases of bronchitis (chest colds) are caused by the flu or RSV viruses.



The vast majority of cases of infectious laryngitis are caused by viruses.



Even though bacteria are more commonly found to be associated with middle ear infections, treatment with antibiotics **is not always necessary**.

Inappropriate use of antibiotics can cause **antimicrobial resistance**.

How can you help Fight Antibiotic Resistance?

Prevent Infection

Practice good personal hygiene habits and keep up to date with vaccinations.



Responsible Antibiotic Use

Only use antibiotics when you have a bacterial infection and with the guidance of a healthcare professional.



Proper Disposal

Return your surplus of antibiotics to your community pharmacy. Avoid disposing of antibiotics in the garbage or sewage system.

