

How long should antibiotics be taken for?

- Usually 3, 5 or 7 days – but it can be two weeks; and sometimes many weeks for long-term infections.
- Antibiotics should be taken for as long as the doctor has prescribed them. In fact, take them exactly as your doctor tells you.
- Just because the symptoms of the illness subside, it does not mean that all of the bacteria have been killed. Remaining bacteria may cause the illness to start up again.

Can you take antibiotics together with other medications?

Yes, usually. Because antibiotics can interact with other medications, it is important to tell your doctor if you take other medications too. Antibiotics might interact with some blood thinners and antacids, for example. Some antibiotics can make birth control pills less effective.

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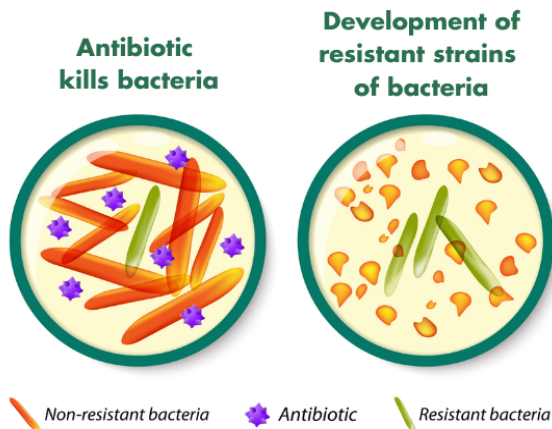
ANTIBIOTIC: WHAT YOU NEED TO KNOW

WHAT IS ANTIBIOTIC?

It is a group of medicine that kills or retards the growth of BACTERIA. It does not kill virus, fungus and parasite.

WHAT IS ANTIBIOTIC RESISTANCE? WHY IS IT A PROBLEM?

Antibiotic resistance occurs when bacteria change over time and no longer be eliminated by the antibiotic. The bacteria that become resistant to multiple commonly used antibiotics is referred to "Superbugs", and they make infections harder to treat and cause persistent infection in the body, increase the risk of disease spread, severe illness and even death.



ANTIBIOTIC MISUSE PUTS US ALL AT RISK

- Did you know that 90% of cough and cold are due to virus and does not require antibiotics? Cough and cold can be resolved by taking enough water and rest. Other infections such as sinus infection, ear infections and sore throats also often get better without antibiotics, as your body can usually fight these infections on its own.
- Antibiotics use is not without side effects - they can cause rashes, thrush, stomach pain, diarrhea, reactions to sunlight and other symptoms.
- If you misuse the antibiotic, it loses efficacy and can result in antibiotic resistance. Antibiotic resistant bacteria can cause more serious infection in the future.



WHAT CAN YOU DO TO LIMIT ANTIBIOTIC RESISTANCE?

- Do not pressure your doctor for antibiotic.
- If prescribed, take antibiotic as instructed. Always complete full prescription even if you feel better.
- Do not consume leftover antibiotic for future illness, or share antibiotic with others.
- Do not self-purchase antibiotics without a prescription.
- Prevent infection by regularly washing hands, avoid contact with sick people or wear a mask when you are around sick people.
- Keep your vaccination up to date. Vaccines are crucial to prevent certain infections that might otherwise require antibiotics, thus reducing the use of antibiotics and the risk of resistance development.