New information about antibiotics, antibiotic resistance and colds and flu

**FACT: Antibiotics don’t work for all infections**

Antibiotics only work on bacteria, not viruses like those that cause colds and flu. Taking an antibiotic you do not need will not make you feel better or recover faster. When you start to feel better it is usually because your immune system is doing the work to beat your infection.

**FACT: The bacteria become resistant to antibiotics, not your body**

Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic. The more antibiotics are overused or taken incorrectly, the more chances bacteria have to change and become resistant to the medicines. This makes bacterial infections much harder to treat for you, your family and the community. Resistant bacteria can also pass their genes to other bacteria, forming a new antibiotic-resistant ‘strain’ of bacteria.

**FACT: Antibiotic resistance is a real threat in our community now**

Antibiotic resistance is not a future problem we can deal with later. It is already affecting people in Australia.
FACT: Green nasal discharge does not mean you need antibiotics

Coloured mucus or phlegm is not always a sign of a bacterial infection. Neither are other symptoms including cough, sore throat, earaches and fever. Some people with these symptoms will need antibiotics, but most people will get better without antibiotics.

FACT: Sharing antibiotics and using leftovers can increase antibiotic resistance

Sharing antibiotics with another person or keeping leftovers for another illness can encourage bacteria to develop antibiotic resistance. These bacteria can spread to you, your family and the community.

FACT: Antibiotic resistance can have personal consequences for you, your family and the community

If you catch an antibiotic-resistant infection, you will have the infection for longer, you may be more likely to have complications from the infection and you could remain infectious for longer and pass your infection to other people.

Read more about antibiotics

For more information in your language, visit nps.org.au/antibiotics-cald

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FACT: المخاط الأخضر لا يعني أنك بحاجة إلى مضادات الحيوية

المخاط الأخضر أو البلغم ليس دائمًا إشارة إلى وجود عدوى بكتيرية. وكذلك الأمر بالنسبة للسعال وألم الحنجرة وأوجاع الأذن والعقم. بعض الناس الذين لديهم هذه الأعراض سيمتحنون إلى مضادات حيوية، لكن معظم الناس ستحسن حالاتهم بدون مضادات حيوية.

حقيقة: مشاركة المضادات الحيوية واستخدام ما يتبقّى منها في وقت لاحق يمكن أن تزيد من مقاومة المضادات الحيوية

إن مشاركة المضادات الحيوية مع شخص آخر أو الاحتفاظ بها ما يتبقّى من مضادات حيوية لاستخدامها لمرض آخر يمكن أن يشجع البكتيريا على اكتساب المقاومة، ويمكن أن تنتقل هذه البكتيريا إليك وإلى عائلتك ومجتمعك.

حقيقة: يمكن أن تؤدي مقاومة المضادات الحيوية إلى مضاعفات شخصية لك ولعائلتك ومجتمعك

إذا أصابتك عدوى ببكتيريا مكتسِبة للمقاومة فستظل هذه العدوى لديك لفترة أطول، ويُحتمل أن تصاب بالمضاعفات من العدوى، ويمكن أن تظل مُعدِياً لفترة أطول وأن تنقل العدوى إلى سواك.

اقرأ المزيد عن المضادات الحيوية

للمزيد من المعلومات بلغتك، تفقّد الموقع nps.org.au/antibiotics-cald

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