

Working together
Health whānaungatanga He hauora te taonga
improving health equity Tai Tokerau • Northland
Mahitahi Hauora



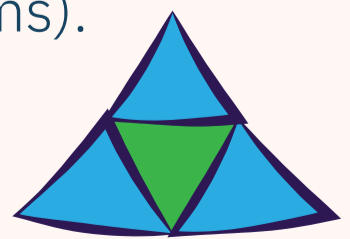
Antibiotics won't fix your cold or flu

**The best treatment is plenty of rest, fluids
and medicines that ease your symptoms.**

Colds and flu can't be fixed with antibiotics because they're a viral infection. Antibiotics only work on infections caused by bacteria (germs). We need to use antibiotics carefully, or they'll stop working.

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

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



**Mahitahi
Hauora**