

The Antibiotic Guardian Quiz

Winter is coming...

- 1. Antibiotics are not effective against coughs, colds and sore throats. This is...**
 - A. correct: most coughs, colds and sore throats are mostly caused by viruses, which antibiotics do not work against
 - B. partly correct: antibiotics sometimes work against viruses
 - C. wrong: antibiotics work against everything
- 2. When I have a cough, cold or sore throat, I should contact to my GP for an appointment. This is...**
 - A. correct: man flu is the worst
 - B. partly correct: if I have difficulty breathing I should seek immediate medical attention, but if it's mild I should first check with a pharmacist first about how to treat my symptoms
 - C. wrong: I should first check with my pharmacist about how to treat my symptoms
- 3. There are a lot of colds going around at the moment but I've been told taking antibiotics 'just in case' can drive up antibiotic resistance. This is...**
 - A. correct: taking antibiotics when you don't need to will allow bacteria to develop a resistance to the antibiotic
 - B. partly correct: antibiotic resistance is only something elderly people get
 - C. wrong: taking antibiotics will help build up your defences and stop you getting a cold in the first place
- 4. My GP has only given me a short prescription of antibiotics but I think I need them for longer. Should I....**
 - A. use some of my friends antibiotics as they didn't use all the ones they were given last year
 - B. take one less a day than prescribed, to make them last longer
 - C. take the antibiotics as prescribed – or they may not clear the infection
- 5. Antibiotic resistance is serious because...**
 - A. antibiotics may not work against resistant bacteria
 - B. without effective antibiotics many routine treatments will become increasingly dangerous
 - C. overuse of antibiotics means that antibiotic resistance will spread faster and faster
 - D. antibiotic resistance affects both humans and animals
 - E. all of the above

The facts.

1. **Antibiotics are not effective against coughs, colds and sore throats. This is...**
 - A. **Correct. Most coughs, colds and sore throats are caused by viruses, which antibiotics do not work against.** Antibiotics cannot help you recover from infections caused by viruses, such as common colds, and most coughs and sore throats, because antibiotics are only effective against bacterial infections. Mild infections with bacteria may also get better without antibiotics.

2. **When I have a cough, cold or sore throat, I contact to my GP for an appointment. This is...**
 - B. **Partly correct. If I have difficulty breathing I should seek immediate medical attention, but if it's mild I should first check with a pharmacist first about how to treat my symptoms.** A pharmacist is an expert on medicines, and can help you treat your symptoms and pain with over the counter treatments. You should be aware of some warning signs such as difficulty breathing or sharp chest pain for serious illness and can learn more at treatyourselfbetter.co.uk.

3. **There are a lot of colds going around at the moment but I've been told taking antibiotics 'just in case' can drive up antibiotic resistance. This is...**
 - A. **Correct. Taking antibiotics when you don't need to will allow bacteria to develop a resistance to the antibiotic.** Bacteria can adapt and find way to survive the effects of an antibiotic. They become 'antibiotic resistant' so that the antibiotic no longer works when you do need it. The more you use an antibiotic, the more bacteria become resistant to it.

Antibiotic resistance is a particular threat to children, older people and those with weakened immune systems, but it can affect everyone as most of us belong to vulnerable groups at some stage in our lives.

4. **My GP has only given me a short prescription of antibiotics but I think I need them for longer. Should I....**
 - C. **Take the antibiotics as prescribed – or they may not clear the infection.** When antibiotics are prescribed by a health professional it is important that you always take it as directed, a lower dose or twice instead of three times daily may not be effective and encourages resistance to develop. Don't share your antibiotics with anyone else – they are for you only and may not be effective for different infections in another individual.

5. **Antibiotic resistance is serious because...**
 - A. antibiotics may not work against resistant bacteria
 - B. without effective antibiotics many routine treatments will become increasingly dangerous
 - C. overuse of antibiotics means that antibiotic resistance will spread faster and faster
 - D. antibiotic resistance affects both humans and animals
 - E. **All of the above:** antibiotic resistance is one of the biggest threats facing us today; routine treatments such as setting broken bones, operations like bone, heart and bowel surgery and chemotherapy all rely on antibiotics to work! We all need to act now to stop the spread of antibiotic resistance, or else we may not have them for much longer.

To help do your part to stop the spread of antibiotic resistance, choose a pledge at AntibioticGuardian.com. Your actions can help protect antibiotics.

