

# HOW TO HELP MAKE YOURSELF BETTER

Whatever your infection, you can do the following to help



Take paracetamol to reduce a fever; always follow the instructions



Ask your pharmacist for advice on reducing your symptoms



Get plenty of rest until you feel better



Drink enough fluids to avoid feeling thirsty



Use tissues when you sneeze to help stop infections spreading



Wash your hands to help stop infections spreading

For more information, visit the NHS Choices website [www.nhs.uk](http://www.nhs.uk).

Most common infections get better without antibiotics.

Find out how you can make better use of antibiotics by visiting:

[www.antibioticguardian.com](http://www.antibioticguardian.com).



TARGET

Keep Antibiotics Working