

Antibiotics should only be taken when absolutely necessary.

They can cause harm and can have serious side effects for adults and children:

- Rash
- Loss of appetite
- Nausea
- Diarrhoea
- Thrush
- Can cause superbugs



If your doctor says you don't need an antibiotic, that's ok. Many common illnesses don't require an antibiotic. Your body will be able to fight the infection on its own.