ANTIBIOTIC MYTH OF THE DAY · DAY 1 OF 7

MYTH

“Antibiotics will help my cold or flu.”

FACT

Colds and flu are caused by viruses. Antibiotics only work on bacteria, so they won’t help you get better any faster.

Try this: rest, fluids and symptom relief. Ask your pharmacist for advice.

ANTIBIOTIC MYTH OF THE DAY · DAY 2 OF 7

MYTH

“My body becomes resistant to antibiotics.”

FACT

It’s the bacteria that become resistant, not people. Resistant bacteria can then spread to family, friends and the wider community.

Try this: take antibiotics only when prescribed, exactly as directed.

ANTIBIOTIC MYTH OF THE DAY · DAY 3 OF 7

MYTH

“It’s fine to keep leftover antibiotics for next time.”

FACT

Antibiotics are chosen for a specific infection and a specific person. Leftovers may be the wrong drug or dose, and can delay proper treatment.

Try this: return unused antibiotics to a pharmacy for safe disposal.

ANTIBIOTIC MYTH OF THE DAY · DAY 4 OF 7

MYTH

“Green or yellow phlegm means I need antibiotics.”

FACT

Phlegm colour doesn’t show whether an infection is bacterial or viral. Most coughs and sore throats get better on their own.

Try this: ask about self-care, what to expect and when to seek help.

ANTIBIOTIC MYTH OF THE DAY · DAY 5 OF 7

MYTH

“A stronger, broader antibiotic is always better.”

FACT

Narrow-spectrum antibiotics are preferred where possible. Broad-spectrum use drives more resistance and raises the risk of side effects such as C. difficile.

Prescribers: check the indication and choose the drug and duration in line with local guidance.

ANTIBIOTIC MYTH OF THE DAY · DAY 6 OF 7

MYTH

“Antibiotics are harmless, so it’s worth taking them just in case.”

FACT

They can cause diarrhoea, thrush, rashes and allergic reactions. When they aren’t needed, the risks outweigh the benefits.

Try this: explain side effects and when antibiotics are not needed.

ANTIBIOTIC MYTH OF THE DAY · DAY 7 OF 7

MYTH

“AMR is a problem for the future, or only for hospitals.”

FACT

Bacterial AMR is already linked to more than 4.7 million deaths a year. Antibiotic use in people, animals and the environment all play a part.

One Health, one action: Prevent AMR now. Become an Antibiotic Guardian.