

# Adult Pledge

For infections that our bodies are good at fighting off on their own, like coughs, colds, sore throats and flu, I pledge to try treating the symptoms for five days rather than going to the GP

For infections that our bodies are good at fighting off on their own, like coughs colds sore throats and flu, I pledge to talk to my pharmacist about how to treat the symptoms first rather than going to the GP

It is vital we prevent antibiotics from getting into the environment. I pledge to always take any unused antibiotics to my pharmacy for safe disposal

If the NHS offers me a flu vaccination, I pledge to accept

If I'm prescribed antibiotics, I will take them exactly as prescribed and never share them with others