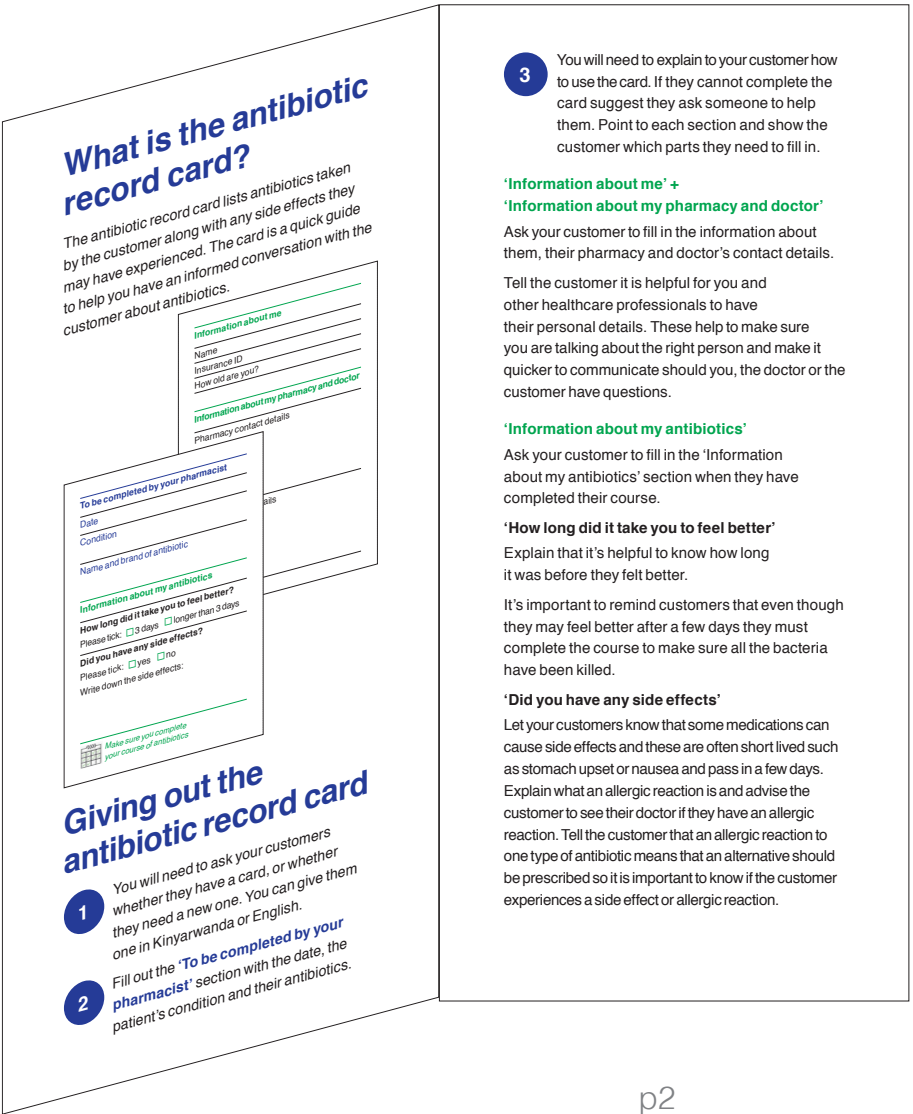




back cover

cover



p1

3 You will need to explain to your customer how to use the card. If they cannot complete the card suggest they ask someone to help them. Point to each section and show the customer which parts they need to fill in.

'Information about me' + 'Information about my pharmacy and doctor'

Ask your customer to fill in the information about them, their pharmacy and doctor's contact details.

Tell the customer it is helpful for you and other healthcare professionals to have their personal details. These help to make sure you are talking about the right person and make it quicker to communicate should you, the doctor or the customer have questions.

'Information about my antibiotics'

Ask your customer to fill in the 'Information about my antibiotics' section when they have completed their course.

'How long did it take you to feel better'


Explain that it's helpful to know how long it was before they felt better.

It's important to remind customers that even though they may feel better after a few days they must complete the course to make sure all the bacteria have been killed.

'Did you have any side effects'

Let your customers know that some medications can cause side effects and these are often short lived such as stomach upset or nausea and pass in a few days. Explain what an allergic reaction is and advise the customer to see their doctor if they have an allergic reaction. Tell the customer that an allergic reaction to one type of antibiotic means that an alternative should be prescribed so it is important to know if the customer experiences a side effect or allergic reaction.


p2



Beat Bad Microbes


Your pharmacist can advise you about whether you need antibiotics or not





Beat Bad Microbes

If side effects bother you or won't go away, speak to your pharmacist or doctor and they will advise you what to do





Beat Bad Microbes

Make sure you complete your course of antibiotics






Beat Bad Microbes

Your pharmacist will advise you whether you should take antibiotics with or without food






Beat Bad Microbes

Beat Bad Microbes is a campaign to draw attention to the dangers of antibiotic resistance. Pharmacies in Rwanda are working to prevent and control antibiotic resistance. You can help by taking your antibiotics correctly.

Taking antibiotics correctly

- 1 Antibiotics don't work for all types of infection
- 2 Always finish the full course of antibiotics
- 3 Speak to your pharmacist if you have concerns





Do you need antibiotics?

Antibiotics are not always the right medicine for you when you feel unwell.

Your pharmacist can help

If you don't need antibiotics, there may be other ways to manage your symptoms.

Your pharmacist will ask you about what you have been feeling:

- Are you in pain?
- Do you have a fever or high temperature?
- Do you have any discharge or pus?
- Have you already had treatment for it and what was it?

Your answers to these questions will help the pharmacist to advise you whether you need antibiotics, or whether you need other types of treatment.



Concerns about side effects

Sometimes, when you take antibiotics, you may get unwanted side effects such as:

- nausea
- diarrhoea
- headaches
- muscle pain

You may be worried about these side effects but not everyone gets them. It is important that you keep taking your antibiotics. If these side effects bother you or won't go away, speak to your pharmacist or doctor and they will advise you what to do.

Your pharmacist will advise you and reassure you

- You are more likely to benefit from antibiotics than to get side effects.
- If you do get side effects they are usually very mild. Some go away once your body is used to the antibiotics you are taking.
- See your doctor or pharmacist if you suddenly get worse or don't get better after the time you were told you would get better.



Taking antibiotics with or without food

Food may affect the way your antibiotic is absorbed into your body.

For some antibiotics, having food at the same time can stop the antibiotic from being absorbed properly. For others, food can help the antibiotic be absorbed into the body.

Taking an antibiotic without food means taking it an hour before, or two hours after your meal.

It is more important to take the antibiotic than miss it, even if it means taking it with or without food.

Your pharmacist will advise you whether you should take antibiotics with or without food



Completing your antibiotic course

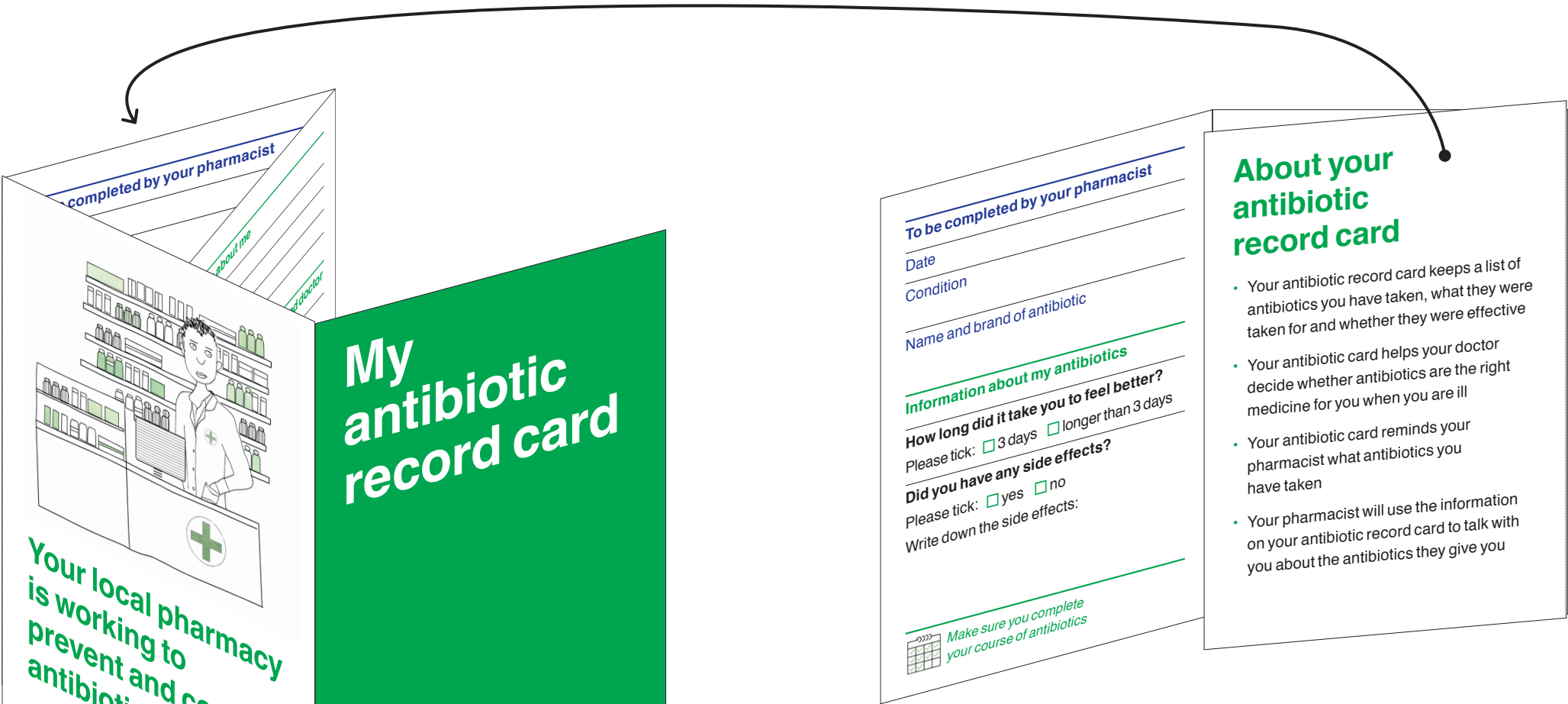
It is important to take every one of your doses and finish your antibiotic course. It will help to make sure the bad bacteria are no longer there.

You may feel better after a few days and think you no longer need the antibiotic, but the bad bacteria may still be in your body. Keep taking the antibiotics even when you feel well, as the antibiotics are working in the background to keep you well.

Completing your course:

- ✓ helps to prevent the infection from coming back.
- ✓ stops the bad bugs from becoming stronger and resistant to the antibiotics.





When people open up the cover of the antibiotic card, the 'About your antibiotic card' will be the page they see before folding the card out fully

back cover

cover



inners