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| **Common cold/URTI** | **Pneumonia** |
| Virus. Antibiotics useless.Normal children have 6-7 common colds a year and an adult 2-3.**Symptoms:**CoughRunning noseFeverSoar throatNot so sick3-5 days but can last longer**Treatment:**Symptomatic (paracetamol, nasal drops, cough syrup) | Bacteria. Antibiotic is needed.**Symtoms:**CoughIncreased respiratory rateRespiratory distressHigh feverMore sick-lookingChest wall indrawings and nasal flaring on small childrenCrepitations often heard when examining the lungs**Treatment:** Antibiotics and symptomatic treatment |

**Why restrict the use of antibiotics?** - Reduce the increasing antimicrobial resistance.

- Every time a person takes antibiotics it disturbs the normal bacterial flora of the intestines and it takes some months up to half a year to restore the normal flora. Disturbed flora increases the risk of antibiotica associated diarrhea and clostridium-GE.

 - Side effects common (nausea, diarrhea, dizziness, yeast infections like oral and vaginal candidosis).

 - Risk of allergic reactions (mostly on CTX och penicillins).

 - Cost money.

 **When antibiotics is needed (bacterial infections):**
 - Give as small spectrum as possible.

 - Give the correct dose and duration (inform patients to continue the whole duration and only use it for the person it was prescribed).

 **To learn more: ReAct (**[**www.reactgroup.org**](http://www.reactgroup.org)**)**

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