

Simply switch off!

INSTEAD OF ANTIBIOTICS



INFORMATION ON

COMMON COLD

**AND A SUCCESSFUL RECOVERY
WITHOUT ANTIBIOTICS**

CAUSE OF THE SYMPTOMS

Often, these are the typical symptoms of a common cold (influenzal infection).

It is caused by viruses and spreads from person to person when droplets containing the virus are dispersed when coughing or sneezing; it can also be spread by hands contaminated with the virus. Symptoms are due to an inflammation of the mucous membranes of the respiratory tract caused by the virus multiplying there.

Common signs of a beginning cold are a scratchy throat or moderate pain in the throat. Further signs, such as a cough, a runny nose, headache or body aches and a general feeling of illness may occur later.

The duration of a common cold is variable. Symptoms can last for approximately two weeks, the cough can last even longer.

Cough, common cold, hoarseness?

PREVENTIVE MEASURES



- Stay hydrated: Drink up to two liters a day
- Exercise regularly in fresh air
- Wash your hands frequently
- Maintain a healthy diet
- Avoid touching your face with your hands
- Regularly ventilate rooms
- Relax and get enough sleep
- Sneeze and cough into your elbow

WHAT YOU CAN DO YOURSELF

In most cases, your immune system will be strong enough to handle the disease on its own without the help of specific medication.

A treatment with antibiotics does not make sense, because they only work against bacteria and are useless against viruses, such as those causing a cold.

To help your immune system fight the disease and to relieve your symptoms, you can do the following:

TIPS

- Rest.
- Stay hydrated.
- Take a steam bath or rinse your nasal passages.
- Gargle, e.g. with salt water.
- Suck throat lozenges.
- Apply throat or chest compresses.
- With a fever: Apply leg wraps.
- Take nasal decongestants (according to package insert).
- In case of a strong feeling of illness, pain or fever and after consulting your doctor/pharmacist take appropriate medication, e.g. ibuprofen or paracetamol.
- Frequently washing your hands can prevent infection in times of common cold epidemics.

WHEN TO SEE A DOCTOR

If your symptoms become worse or last longer than one to two weeks please see a doctor!

ABOUT ARENA

ARena aims at maintaining the effectiveness of antibiotics in the long run. To achieve this, resistance must be avoided or at least slowed.

→ Within the scope of ARena, the necessity of antibiotics prescriptions is checked. The project focuses on certain common diseases, such as infections of the upper respiratory tract and otitis media or sinusitis, that only rarely require treatment with antibiotics.

→ Doctors in 14 networks in Bavaria and North Rhine-Westphalia have agreed to have a closer look at whether antibiotic prescriptions are really necessary. To improve essential knowledge, participating doctors take part in continual training, meet in quality circles with colleagues, obtain information and discuss in which cases antibiotics make sense and in which they do not. Some doctor's offices receive the support of special software tools; in others, non-medical staff are specifically trained. Additionally, patients and the public in the regions included in the project are informed concerning "treatment with antibiotics".

GET WELL SOON

and please always keep in mind:

Antibiotics are a precious commodity!

Antibiotics are not necessary in every case!

Help us maintain the effectiveness of these powerful drugs!



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www.arena-info.de

ARena

aQua

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