



IF IN DOUBT, CHECK IT OUT!

THE BEST WAY TO TREAT A COLD OR FLU IS WITH
PLENTY OF REST AND FLUIDS.

ANTIBIOTICS WON'T HELP WITH A VIRAL
WINTER COLD AND FLU.

IF YOU'RE NOT SURE WHETHER YOU HAVE A VIRAL
OR A BACTERIAL INFECTION, VISIT YOUR HEALTH
PROFESSIONAL TO GET IT CHECKED OUT.



New Zealand Government



The Royal New Zealand
College of General Practitioners



PHARMACEUTICAL
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