

Antibiotic scenarios – leader discussion points

Scenario 1

Amy had a runny nose and really sore throat so she went to the doctor

Discussion points:

- Many infections get better on their own without the need for antibiotics.
- Antibiotics won't make a difference to how long your symptoms/illness/infection lasts if they are not caused by bacteria.
- All runny noses are caused by viruses which antibiotics do not work on – so there is no point taking an antibiotic.
- If you become ill very quickly, have a red throat with high temperature and no cough or runny nose, you are more likely to benefit from antibiotics.

Scenario 2

Alisha has a urine infection and has been prescribed antibiotics by her doctor

Discussion points:

Correct options:-

- Do what the doctor says and take them for the 3 days.
- Take the left-overs back to the chemist.
- If you take more days, your bugs are more likely to become resistant, and the antibiotics won't work the next time you need them.
- Don't take any extras as that will kill more of your useful bugs in your gut too.

Incorrect options if needed:-

- Keep the rest for next time.
- Stop taking them now. What's the point in taking them if you are feeling better?
- Take the whole pack and then you'll definitely kill the bugs.

Scenario 3: Chloe was talking to her friend Jamie about her headache and cough.

	Correct	Incorrect
Gosh no, I shouldn't take anyone else's antibiotics.	✓	
Great idea – we have some left-over from when my sister had an ear infection.		✓
Yes I had a cough a few weeks ago and went to the out-of-hours and they gave me a prescription, but I didn't bother to cash it in. I'll do it now!		✓
I don't have any antibiotics in the cupboard – don't you always take them back to the chemist?	✓	
I've never had any antibiotics – so we don't have any in the cupboard.	✓	
I had a urinary tract infection last month. I'll use the left-over antibiotics from them.		✓
I shouldn't take antibiotics that are left over.	✓	
I don't have any at home, but I'll ask Josie, she is always at the doctor with her coughs.		✓
I only take antibiotics if the doctor prescribes them.	✓	
I think I should just take some pain relief and go to bed.	✓	