

Family Pledge

When I think my child has a likely respiratory infection, I pledge to talk to my pharmacist about how to treat my child's symptoms first rather than going to the GP

Sing the ABC song when washing our hands with soap and water. Washing hands properly (at least 30 seconds), especially before eating, is the single best way to prevent the spread of infections and keep your family healthy

I will visit the ebug website (www.e-bug.eu) with my child(ren) and take one of the antibiotic awareness quizzes together

If anyone in my family is prescribed antibiotics, I will ensure they are taken exactly as prescribed and never shared with others

If the NHS offers a flu vaccination for individuals in my family, we pledge to accept.