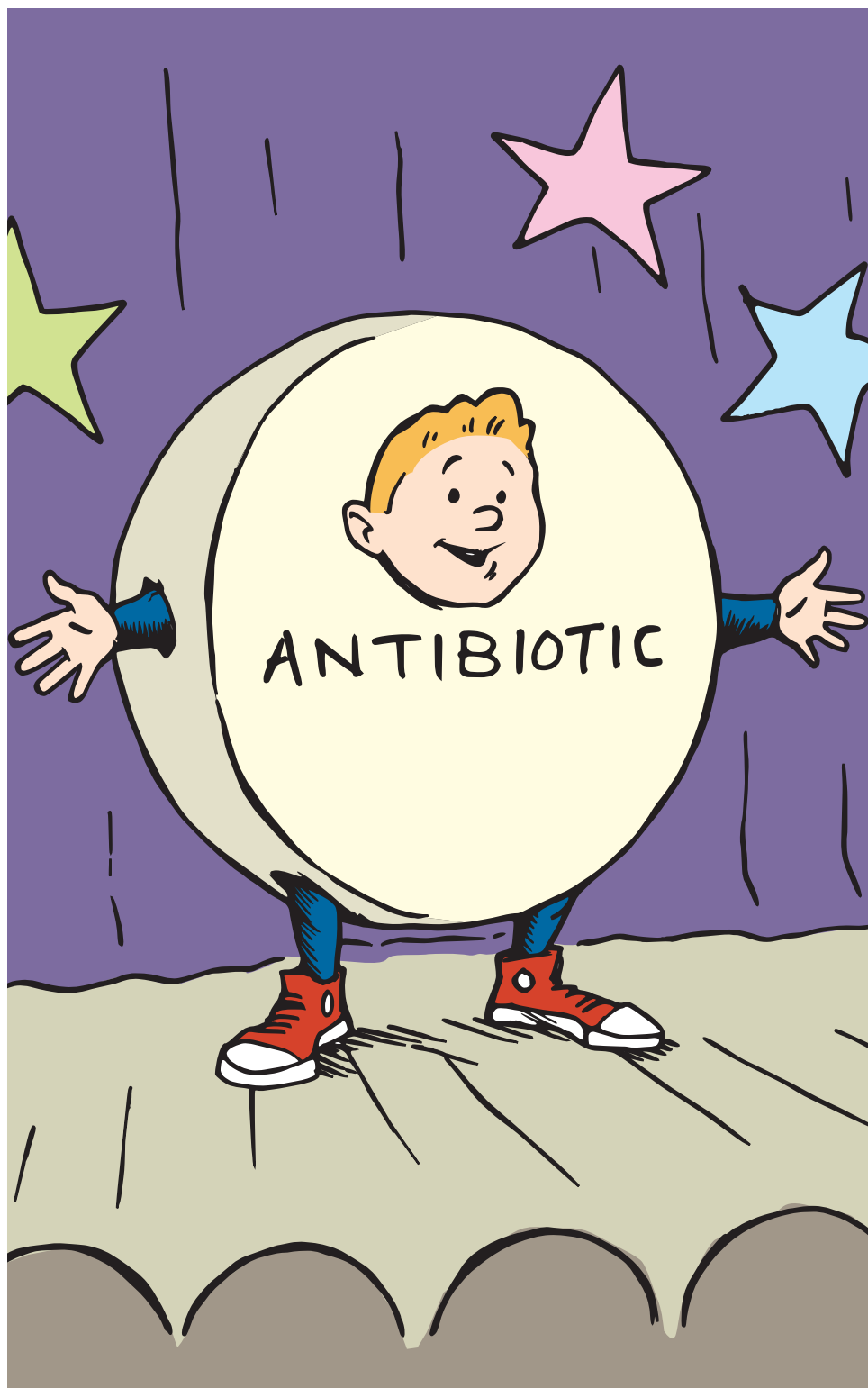


## Save the antibiotic!

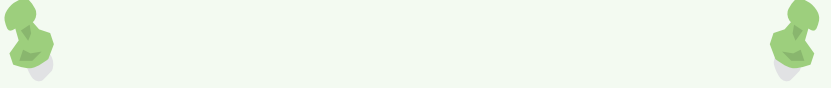
Don't use it  
when you  
don't need it.











Colds, bronchitis, the “flu”—  
you name it, you can catch  
them all.

- **Runny nose**
- **Sore throat**
- **Cough**

They can make us miserable.  
Often, when illness strikes,  
a call to the doctor follows.  
You want an antibiotic to help  
you get well fast.

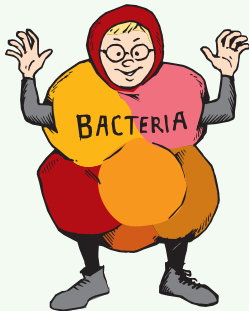
But antibiotics are **NOT** always  
the answer.



What kinds of germs  
make us sick?



**Viruses**



**Bacteria**

Ask your doctor which  
one you have.



## When do I need an antibiotic?

Antibiotics can help cure bacterial infections. However, keep in mind:

- Strep throat is the only kind of sore throat that antibiotics can help. A lab test should be used to diagnose "strep."
- Sinus infections and colds have similar symptoms, but antibiotics just work on some sinus infections.

Only your doctor can tell for sure if you need an antibiotic.

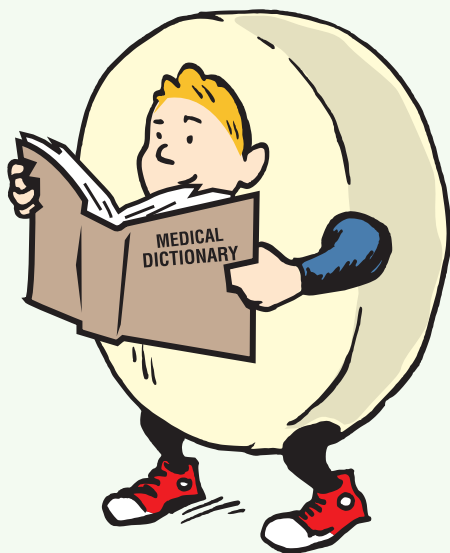




Can taking antibiotics  
prevent a bacterial  
infection?

**NO!**

Taking antibiotics when they aren't needed  
may keep them from working when  
you do need them.

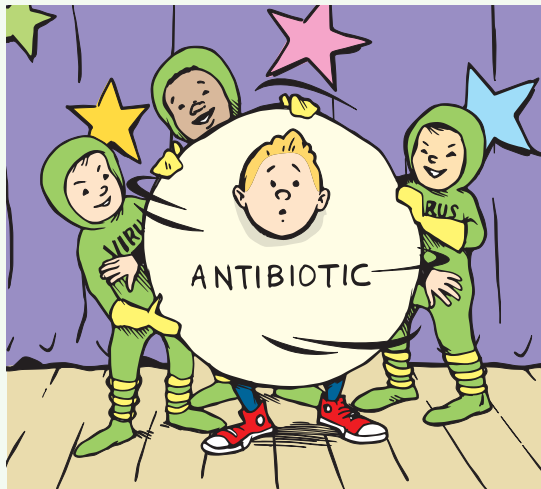




## Antibiotics don't work on viruses like:

- Colds
- Cough
- Bronchitis
- Most sore throats

Viral infections get better with time.  
Nose drainage might change from clear to  
yellow-green. You don't need an  
antibiotic for it!





## What can help you feel better when you have a virus?

- Rest
- Drink plenty of fluids
- Use a vaporizer or saline nose drops
- Sleep with your head elevated 4-6 inches
- Use acetaminophen or ibuprofen for fever/pain
- Ask your pharmacist about over-the-counter medications





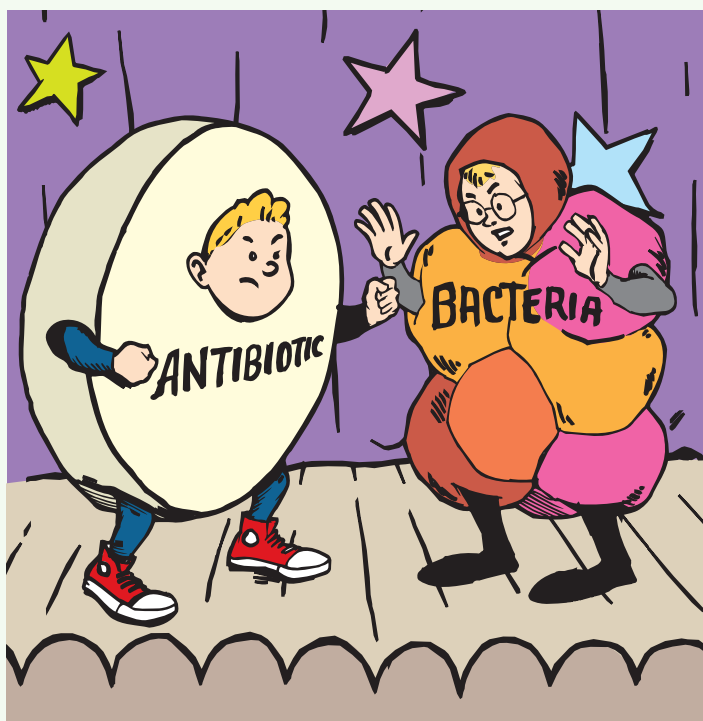
## Antibiotic resistance

If you take antibiotics when you don't need them, they lose their strength and ability to kill bacteria. This is called antibiotic resistance. The problem of antibiotic resistance is growing.





If the bacteria keep overpowering the medicines we have, we may run out of ways to kill these germs. Antibiotic-resistant bacteria can cause serious infections and can be spread to others in your family.





## What can you do to prevent antibiotic resistance?











Talk to your doctor about the best way to treat your illness. Ask:

- Is the illness caused by a virus or bacteria?
- What can I do at home to help myself feel better?
- When should I feel better?
- When should I call or come back if I haven't improved?





Use this guide to help  
you decide ...

Illness	Usual cause		Antibiotic need?
	Virus	Bacteria	
Bronchitis			No
Chest cold			No
Cold			No
Green/ yellow runny nose			No
Middle ear infection			Sometimes
Sinus infection			Sometimes
Sore throat			Sometimes



Help spread the word:

## **Save the antibiotic!**

Don't use it  
when you don't need it.







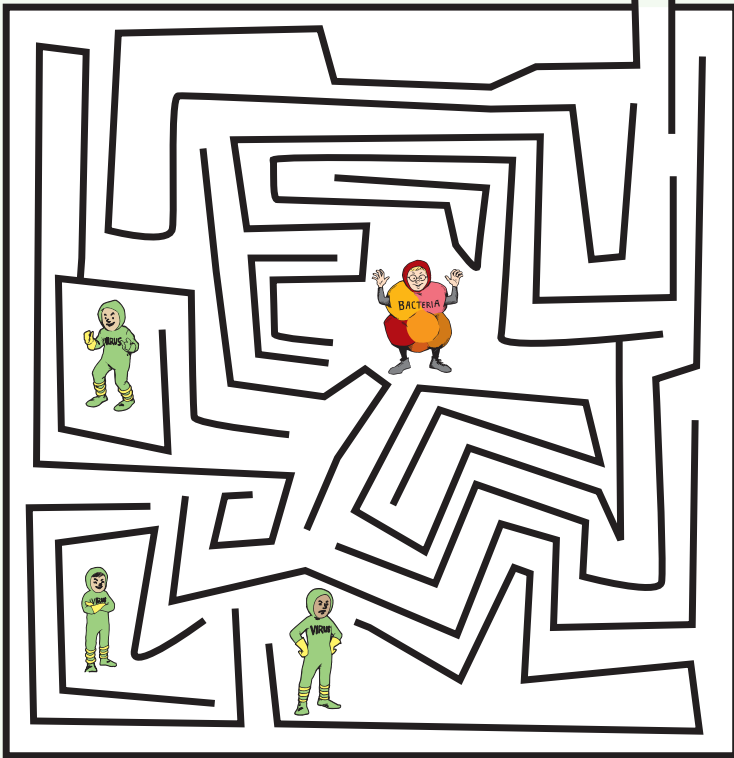
# Save the antibiotic!



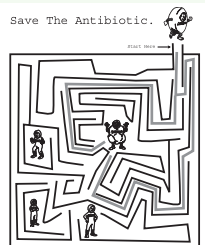
Help the antibiotic  
battle bacterial infection.  
But remember, stay clear  
of viruses.



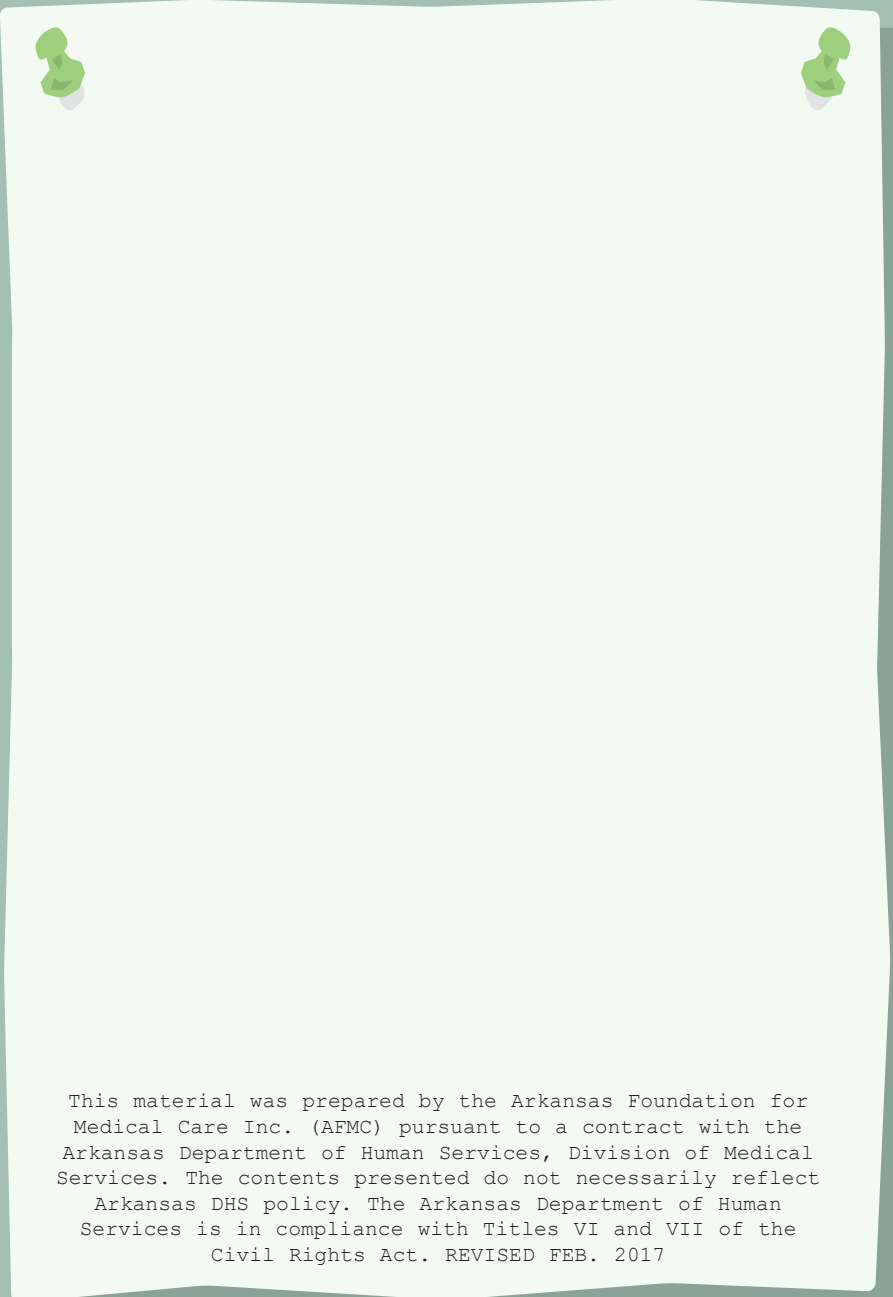
Start Here →



Here's the  
way to save  
the day.







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