

DO YOU NEED ANTIBIOTICS?



**BE
ANTIBIOTICS
AWARE**

SMART USE, BEST CARE

You feel sick and miserable and want to get better fast. It could be a cold or even the flu. You're probably thinking you need antibiotics to knock out your illness and help you feel better. **Not so fast!** When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.

8 WAYS TO BE ANTIBIOTICS AWARE

1 Antibiotics save lives, but they aren't always the answer when you're sick.

2 Antibiotics do not work on viruses.

3 Antibiotics are only needed for treating certain infections caused by bacteria.

4 An antibiotic will NOT make you feel better if you have a virus.

5 Any time antibiotics are used, they can cause side effects.

6 Taking antibiotics creates resistant bacteria.

7 If you need antibiotics, take them exactly as prescribed.

8 Stay healthy: clean hands, cover coughs, and get vaccinated, for the flu, for example

Talk to your healthcare professional about the best way to feel better.

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

This project has been funded in whole or in part with Federal funds from the National Center for Emerging Zoonotic and Infectious Diseases (NCEZID), Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (HHS), under Contract No. 200-2016-F-90343.

