

ANTIBIOTICS

Did you know:

- ☞ Both *viruses* and *bacteria* can make you very sick?
- ☞ Colds, flus and 90% of sore throats are viral?
- ☞ Antibiotics can be used for bacterial infections, but *will NOT* help with viral illness and may cause harm?

Some Suggestions:

- Rest as much as possible and drink lots of fluids
- Use ice chips, hard candy or gargle with salt water to reduce throat pain (1/4 tsp. salt in 1 cup warm water)
- Acetaminophen (Tylenol® or generics) or ibuprofen (Motrin®, Advil® or generics) can reduce aches, pain and fever
- Ask your pharmacist for help with any cough or cold symptoms
- Tell your doctor about your medical conditions and previous antibiotic use in the last year

See Your Doctor/HealthCare Professional if:

- Symptoms continue or get worse over the next few days
- You develop a new or higher fever

To prevent future infections:

WASH YOUR HANDS!