

Example Newsletter Article (232 words):

Get Smart Colorado: Use Antibiotics Wisely

Colds, bronchitis, the flu - it's that time of the year again. Will an antibiotic help these common illnesses? The answer is no.

Did you know...

- Two main types of germs make people sick - viruses and bacteria.
- Antibiotics only help with illnesses caused by bacteria. Antibiotics just do not help with illnesses caused by viruses - such as colds, most coughs and sore throats, and the flu.
- If you take antibiotics when they are not needed (for instance for viral infections like the cold or flu), bacteria can become resistant to the antibiotic. This is what we call antibiotic-resistance.
- Antibiotic-resistant bacteria are harder to treat and can be serious. They can harm children and adults and can quickly spread to other family members and the community.
- We can fight antibiotic resistance by using antibiotics only when we need them. That's what we call: USING ANTIBIOTICS WISELY!

Remember, listen to your doctor and only use antibiotics when the doctor thinks they will work. Do not always expect or demand antibiotics. Sometimes - though you want them too - they just do not help.

For more information about antibiotic resistance, please visit the Get Smart Colorado website at www.GetSmartColorado.com or call 303-692-2459.

We hope you stay healthy this year. If you or someone you care about does get sick, remember - antibiotics are not always needed. Talk with your doctor.