GET SMART COLORADO

USE ANTIBIOTICS WISELY.

If you are sick with:	It is usually caused by:		Do you need an antibiotic?
	Virus	Bacteria	
Cold	✓		No
Bronchitis (chest cold)	✓		No
Green or yellow nasal discharge	✓		No
Flu (influenza)	✓		No
Middle ear infection	✓ or ✓		Sometimes
Sinus infection	✓ or ✓		Sometimes
Sore throat	✓ or ✓		Sometimes

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

COLORADO FOUNDATION
FOR MEDICAL CARE

Colorado Department
of Public Health
and Environment

www.getsmartcolorado.com

Facts About Antibiotics

- ✓ Antibiotics kill *bacteria*. They don't work for *viruses* that are the usual cause of colds, flu, and bronchitis.
- ✓ Incorrect use of antibiotics can lead to superbugs that are resistant to (and not killed by) antibiotics.
- ✓ Infections caused by antibiotic-resistant bacteria are hard to treat and can be serious.

What You Can Do

- ✓ Get extra sleep and drink plenty of fluids.
- ✓ Take acetaminophen or ibuprofen as needed for fever or pain.
- ✓ Use a vaporizer or saline nose drops as needed.
- ✓ See your provider if symptoms are severe or if symptoms do not improve after 1 to 2 weeks.
- ✓ If you seek medical attention, be clear about what symptoms are bothering you most. Let your provider decide if you need an antibiotic.
- ✓ If you are given a prescription for antibiotics be sure to take *all* the pills as directed.

If you are pregnant, nursing, have a chronic medical problem, are taking medications, or are treating someone under age 6, call your doctor's office for advice as soon as a respiratory illness develops and before taking medicines.

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