

Antibiotics Aren't Always the Answer



Taking antibiotics only when needed helps keep us healthy now, helps limit antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

When do you need an antibiotic?

- **Antibiotics help treat certain infections caused by bacteria.**
- **Antibiotics do not work against viruses** like colds, flu, bronchitis, and runny noses—even if the mucus is thick, yellow, or green.
- **Some bacterial infections also don't require antibiotics**, like many sinus infections and some ear infections.
- **Antibiotics can cause side effects**, which can sometimes be severe.

Did You Know?

- 30% of prescribed outpatient antibiotics are not needed.
- Most sore throats are caused by a virus. Only 1 in 10 adults with a sore throat has Strep throat.
- In children, antibiotic side effects are the most common cause of medication-related emergency room visits.

Common side effects of antibiotics:



Rash



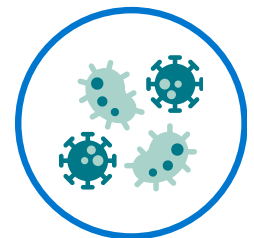
Dizziness



Nausea



Diarrhea



Yeast Infection

- If antibiotics are not needed, you shouldn't take them because they can cause harm.
- If you are prescribed antibiotics, take them exactly as prescribed.
- Talk to your healthcare professional if you develop side effects while on antibiotics.