BE ANTIBIOTICS AWARE:
Protect Yourself, Protect Others

Antibiotics Don't Work For Viruses:

- Colds
- Flu
- COVID-19
- RSV
- Most sore throats, coughs, and runny noses

Antibiotics Do Work For Bacteria:

- Strep throat
- Urinary tract infections
- Whooping cough
- Some pneumonia

WHY IT MATTERS



Unnecessary antibiotics = side effects (rash, diarrhea, yeast infections)



Misuse leads to antibiotic resistance—bacteria that no medicine can kill



Resistance makes future infections harder, sometimes impossible, to treat

It's okay to ask questions about antibiotics. Being a smart patient means speaking up!

- Do my symptoms look more viral or bacterial?
- Do I need a test or blood work to find out?
- Could this get better without antibiotics?
- How can I treat the symptoms while my body heals?

REMEMBER: Take antibiotics exactly as prescribed if you truly need them and never share or use leftover antibiotics.

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