

# 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

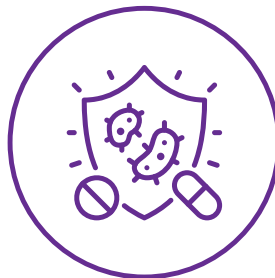
### WHY IT MATTERS



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.

Visit [alabamapublichealth.gov/hai](https://alabamapublichealth.gov/hai) for more information

ALABAMA  
PUBLIC  
HEALTH