What Is An Antibiotic?

An antibiotic is a medicine that destroys bacteria. Two examples of many are called amoxicillin and azithromycin.

Antibiotics do not kill viruses.

Many people take antibiotics when they do not need them. Antibiotics do not work for every illness, including the cold or flu and will not prevent them from spreading to others.

However, taking antibiotics too often can cause the body to develop Antibiotic Resistance. This happens when antibiotics lose their power to kill bacteria after taking them when they're not needed or taken as prescribed.
ANTIBIOTICS AREN’T ALWAYS THE ANSWER

MOST ILLNESSES ARE CAUSED BY TWO KINDS OF GERMS: BACTERIA OR VIRUSES. ANTIBIOTICS CAN CURE BACTERIAL INFECTIONS – NOT VIRAL INFECTIONS. ANTIBIOTICS CAN WORK FOR BACTERIAL INFECTIONS THAT CAUSE STREP THROAT, SOME PNEUMONIA AND SINUS INFECTIONS. ANTIBIOTICS DO NOT FIGHT VIRUSES AND WILL NOT WORK FOR THE COMMON COLD, BRONCHITIS, THE FLU, AND MOST COUGHS AND SORE THROATS.

Prevent Antibiotic Resistance Now!

Take antibiotic only when prescribed by your doctor and be sure to take all of the medicine. Do not ever share your antibiotics or save them for future use.

Only using part of the prescription means that only part of the infection has been treated. Not finishing the medicine can cause resistant bacteria to develop.

There are alternatives to taking antibiotics.

All Colds and Viral Infections
▶ Drink plenty of fluids (like water and soup)

Stuffy Nose
▶ Use a room humidifier
▶ Saline spray for congested breathing

Runny Nose
▶ For red, raw nose, put petroleum jelly or salve on the exterior
▶ Use tissue with lotion

Moist Cough
▶ Drink more fluids

Sore Throat
▶ Gargle with warm salt water
▶ Avoid smoke

Fever/Muscle Aches
▶ Cool compress on the forehead
▶ Warm compress on sore muscles
▶ Bed rest

Itchy, Watery Eyes/Sneezing
▶ Avoid things you are allergic to or that cause irritation

Ear Ache
▶ Warm compress against the sore ear

No antibiotic can cure a sickness caused by a virus.

To speak with a Health Care Professional, call 800-843-0719 ext 8752 or 5106.

For More information
Working for Antibiotic Resistance Education: www.aware.md
Centers for Disease Control & Prevention: www.cdc.gov/flu/takingcare.htm
Faces of Influenza: www.facesofinfluenza.com
Flu Facts: www.flufacts.com
Prevent Influenza: www.preventinfluenza.org