REMEmber...

- **Antibiotics DO NOT work for infections commonly caused by viruses such as colds, flu, sinusitis and bronchitis.**

- **Unnecessary use of antibiotics can cause bacteria to become resistant.**

- **Prevent infections by washing your hands regularly with soap & hot water.**

- **Take your medications as prescribed:**
  - DO NOT share
  - DO NOT stop early

**TALK TO YOUR PHARMACIST IF YOU HAVE QUESTIONS!**
Caused by Bacteria:
- Pneumonia
- Urinary Tract Infections
- Bacterial meningitis (rare)

Caused by Viruses:
- Common Cold
- Sore throat
- Flu

About half of all antibiotics prescribed for Upper Respiratory Infections (URIs), like a cold or runny nose, are UNNECESSARY!

WHAT IS ANTIBIOTIC RESISTANCE?
Bacteria that change because of unnecessary antibiotic use
They become more difficult to treat, leading to longer illnesses, more hospital visits, and higher healthcare costs!!

WHAT CAUSES BACTERIA TO BECOME RESISTANT TO ANTIBIOTICS?
- Taking antibiotics unnecessarily for an infection caused by viruses
- Sharing antibiotics with others
- Stopping antibiotics earlier than prescribed by your doctor

WHAT I CAN DO TO PREVENT ILLNESS AND STOP RESISTANCE?
Stay Healthy: Get a yearly flu shot and ask your doctor or pharmacist about vaccines for pneumonia and shingles
Prevent illness by washing your hands with soap and hot water for at least 20 seconds
Take your medications as prescribed, otherwise infections may not go away or antibiotics may not work for future illnesses.

BE YOUR OWN HEALTH ADVOCATE by ASKING QUESTIONS!