WARNING!

- Antibiotics are powerful medicines.
- When not used wisely, they can be harmful to your health.
- Take antibiotics only when you REALLY need them.

Office of Disease Prevention & Epidemiology
800 NE Oregon Street, Ste. 772
Portland, OR 97232

Phone: 971-673-1111
Fax: 971-673-1100
Email: oregon.aware@state.or.us

Cold or Flu? Antibiotics aren’t for you!

AWARE Alliance Working for Antibiotic Resistance Education

Antibiotics DON’T WORK on colds ...
**Hand washing**

- Sing Happy Birthday while you wash.
- Do not use antibacterial soap in your home.

**Bacteria vs. viruses**

- Do not take antibiotics for the cold or flu.

**Listen to your doctor**

- Follow directions
- Take every dose
- Never share

**EFFECTIVE HANDWASHING**

1. Turn on faucet to a comfortable temperature and wet hands and wrists.
2. Apply a generous portion of liquid soap.
3. Scrub hands with soap and rub between fingers, wrists, backs of hands, and under fingernails and nails of hands.
4. Rinse with running water, keeping hands wet or dry in second wash.
5. Pat dry with a clean towel or air dry hands.
6. Use the paper towel to turn off the faucet so your hands remain clean.
7. Wash hands in hot water if hands are visibly dirty.

**Illness**

<table>
<thead>
<tr>
<th>Illness</th>
<th>Usual cause</th>
<th>Antibiotic needed?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Colds and flu</td>
<td>●</td>
<td>No</td>
</tr>
<tr>
<td>Runny nose</td>
<td>●</td>
<td>No</td>
</tr>
<tr>
<td>Cough</td>
<td>●</td>
<td>No</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>●</td>
<td>No</td>
</tr>
<tr>
<td>Sinus infection</td>
<td>●</td>
<td>Maybe</td>
</tr>
<tr>
<td>Ear infection</td>
<td>●</td>
<td>Maybe</td>
</tr>
<tr>
<td>Pneumonia</td>
<td>●</td>
<td>Usually</td>
</tr>
<tr>
<td>Strep throat</td>
<td>●</td>
<td>Yes</td>
</tr>
</tbody>
</table>

**Oh NO! Antibiotics!**

**Antibiotics won’t get me**

**Flu Villain**

**Captain Strep Throat**

**Work with your doctor to find the best treatment for you!**

**AWARE Alliance Working for Antibiotic Resistance Education**