Use antibiotics wisely

Using antibiotics wisely will help slow the spread of resistant bacteria. This will help keep our life-saving antibiotics effective for years to come.

<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>

Help prevent infection by staying healthy
- Wash your hands often
- Stay up to date on pneumonia and flu vaccinations
- Exercise
- Eat healthy foods
- Get plenty of sleep at night

You can make a difference

Help stop the spread of antibiotic resistance!

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Your doctor can tell you when you need an antibiotic and write a prescription.

**Antibiotics kill bacteria NOT viruses**
- Taking antibiotics when they are not needed helps resistant bacteria to grow
- Resistant bacteria can cause serious illnesses that are difficult and costly to treat
- Highly resistant bacteria sometimes cause infections that can’t be cured

**What if you are prescribed an antibiotic for a bacterial infection?**
- Be sure to take EVERY dose as prescribed even if symptoms go away
- NEVER share antibiotics or save them for later

**Help your body fight infections**
- Get plenty of rest
- Drink plenty of fluids
- Avoid smoking, secondhand smoke and other air pollutants
- Acetaminophen, ibuprofen or naproxen can be used to relieve pain or fever

**Always see a health care provider for:**
- Temperature higher than 104°
- Symptoms that are not relieved by over-the-counter medications

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### Illness | Average length of illness | Self-care methods
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Cold | 10–15 days | Use a humidifier or cool mist vaporizer  
Use a decongestant or saline nasal spray
Sore throat | 2–10 days | Soothe a sore throat with ice chips, cold drinks, popsicles, smoothies or milkshakes  
Use a humidifier or cool mist vaporizer  
Use lozenges
Cough | 10–24 days | A teaspoon of honey can be used to loosen the cough  
Use a humidifier or cool mist vaporizer or breathe steam from a bowl of hot water or shower  
Use lozenges
Sinus infection | 7–14 days | Use a warm compress over the nose and forehead to relieve pressure  
Use a decongestant or saline nasal rinse or spray
Ear infection | 7–8 days | Use a warm moist cloth over the ear that hurts