

## Antibiotics in Health Care

- Antibiotics are used to treat **bacterial infections**, they **do not** work for viral infections like the flu or common cold. Antibiotics destroy the good bacteria in your body, which can **increase the risk** for other issues like C. diff, diarrhea, and yeast infections.
- Antibiotics are **rarely** used to treat Bronchitis and other Upper Respiratory Infections (URIs). Research shows they do not shorten the course of illness or provide significant relief from symptoms. Treatment protocol is symptom control, and you can expect symptoms to last 1-3 weeks.



### When do you *really* need antibiotics?

Type of Illness	Virus	Bacteria	Antibiotics given?
Cold or Runny Nose	<input checked="" type="checkbox"/>		No
Ear Infection	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	As determined by provider
Flu	<input checked="" type="checkbox"/>		No
Fluid in middle ear	<input checked="" type="checkbox"/>		No
Sinus Infection (exceeding 10 days)	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	As determined by provider
Sore Throat (except strep)	<input checked="" type="checkbox"/>		No
Strep Throat		<input checked="" type="checkbox"/>	Yes
Urinary Tract Infection		<input checked="" type="checkbox"/>	Yes

**DO** 

**DO NOT** 

- *Take as instructed by your health care provider*
- *Only take the medications that are prescribed to you*
- *Prevent infections by washing your hands*

- *Skip doses*
- *Share your prescribed medications with others*
- *Insist on receiving an antibiotic prescription if your provider doesn't think it's necessary*

Information obtained from the Centers for Disease Control (CDC) and Prevention and the Association for Professionals in Infection Control and Epidemiology (APIC)