

Viruses or Bacteria

What's got you sick?

Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms and feel better.

Common Condition	Common Cause			Are Antibiotics Needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No*
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help you feel better.



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



IMPROVING ANTIBIOTIC USE



Do I really need antibiotics?



SAY YES TO ANTIBIOTICS

when needed for certain infections caused by **bacteria**.



SAY NO TO ANTIBIOTICS

for **viruses**, such as colds and flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help for some common bacterial infections including most cases of bronchitis, many sinus infections, and some ear infections.



Antibiotics are only needed for treating certain infections caused by bacteria.

Antibiotics do NOT work on viruses.

Do antibiotics have side effects?

Anytime antibiotics are used, they can cause side effects. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Common side effects of antibiotics can include:



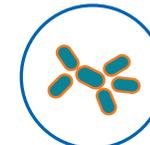
Rash



Dizziness



Nausea



Yeast Infections



Diarrhea

More serious side effects include *Clostridium difficile* infection (also called *C. difficile* or *C. diff*), which causes diarrhea that can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

Antibiotics save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects.

1 out of 5

medication-related visits to the ED are from reactions to antibiotics.



■ **Community Pharmacy (608) 524-6177** inside RAMC Physicians Group
Open M-F 8:30am - 6:00pm Sat 9:00am - 1:00pm Sun 9:00am - 12:00pm

■ **RAMC Viking Pharmacy (608) 524-6868** inside Viking Village Foods
Open M-F 9:00am - 7:00pm Sat-Sun 10:00am - 5:00pm