Do you really need an antibiotic?

Antibiotics don't kill viruses—they don't work on colds, flu and most bronchitis, sinus problems or earaches. Your body can fight a cold on its own.

Overuse of antibiotics is creating stronger germs. Serious bacterial infections, like strep throat, are becoming resistant to common antibiotics and are harder to treat.

Talk with your health care provider about whether you really need an antibiotic.

Use home remedies for these viral symptoms:

Stuffy Nose or Runny Nose

Cough

Sore Throat

Fever and Muscle Aches

Watery Eyes and Sneezing

Earache

Washington State Department of Health
DOH Pub 130-039 8/2007

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TACOMA-PIERCE COUNTY HEALTH DEPARTMENT

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WSMA
Washington State Medical Association

¿Necesita usted realmente un antibiótico?

Use remedios caseros para estos síntomas causados por virus:

Secreción o congestión nasal

Tos

Dolor de garganta

Fiebre y dolores musculares

Ojos lagrimosos y estornudos

Dolor de oído

Los antibióticos no matan los virus—ellos no curan los resfríos, la gripe o la mayoría de tipos de bronquitis, problemas de sinusitis o dolores de oído. Su cuerpo puede luchar por sí mismo contra un resfrío.

El abuso de antibióticos está creando gérmenes más fuertes. Las infecciones serias causadas por bacterias, como la infección bacteriana de la garganta, se están haciendo resistentes a los antibióticos comunes y son más difíciles de tratar.

Hable con su médico para decidir si realmente necesita un antibiótico.

Washington State Department of Health
DOH Pub 130-039 8/2007 Spanish

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Sincerely,
Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title:	**Do You Really Need an Antibiotic? (poster)**
Size:	11 x 19
Paper stock:	80# cover gloss white
Ink color:	4-color process
Special instructions:	2-sided printing with full bleeds (English/Spanish)
DOH Pub #:	130-039