# 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?

**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.

**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

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

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