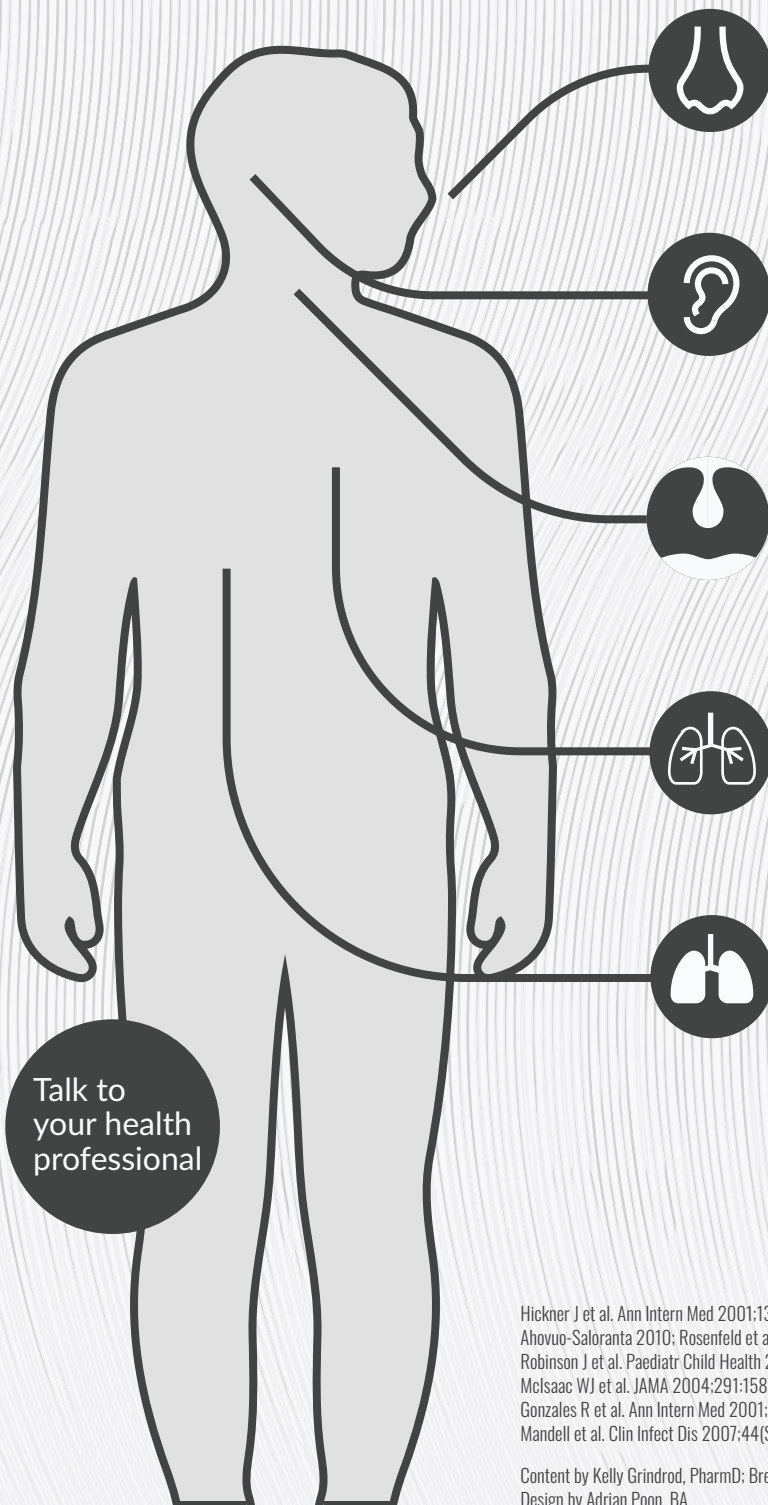


Help Save Antibiotics

We're at risk of running out of antibiotics that work! Antibiotics only work for infections caused by **bacteria**, not **viruses** like the cold or flu. Here are 5 things everyone should know about antibiotics.



Sinus Infections

95% are caused by a virus. This means they can't be treated by antibiotics, even when mucous is thick and green! 80% of people get better without antibiotics in 2 weeks.

Ear Infections

Most kids feel better in 1-2 days without antibiotics. In infants or if pain is severe or if temperature is above 39°C, start antibiotics right away.

Sore Throats

Only 10% of sore throats are caused by strep bacteria and need antibiotics. Most sore throats are caused by a virus and can be helped by a pain reliever.

Bronchitis

Over 90% of the time, bronchitis is caused by a virus. Bronchitis can have a wet or dry cough. As you get better, don't be surprised if the cough lasts up to a month.

Pneumonia

A chest x-ray is needed most often to tell if you have pneumonia. Pneumonia is a serious illness that usually needs antibiotics. By saving antibiotics for pneumonia, we make sure they work when we need them.

Talk to
your health
professional

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