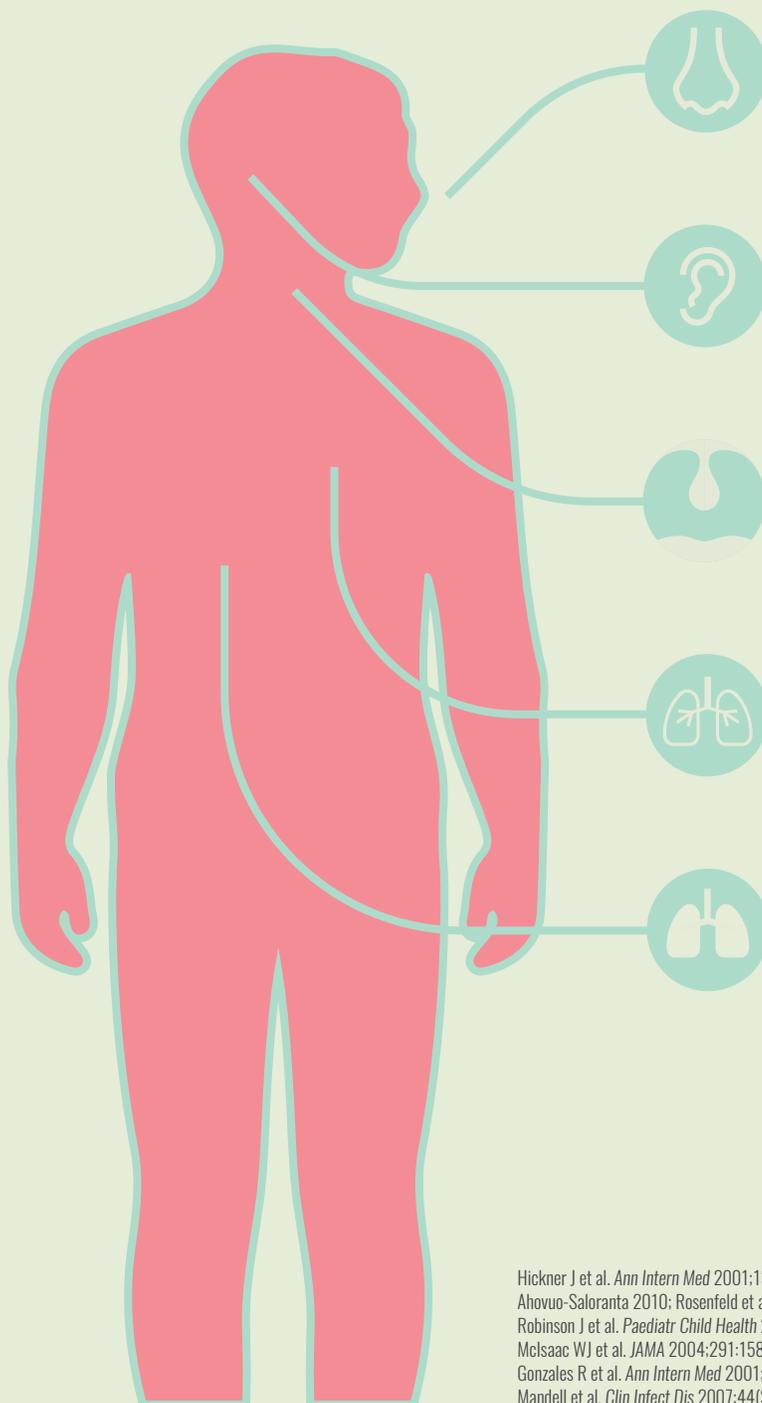


# Help Save Antibiotics

The antibiotic apocalypse is upon us! Do your part and refrain from unnecessarily prescribing antibiotics. Below are 5 points to help you rethink how you prescribe antibiotics.



## Sinus Infection

95% of cases are viral. The thickness and/or color of nasal discharge are not reliable ways to identify a bacterial infection. 80% of people get better without antibiotics in 2 weeks.

## Ear Infection

You can wait 1-2 days before starting antibiotics in kids >6mo who do not have severe ear pain or irritability with low-grade fever (<39°C) who are otherwise healthy.

## Sore Throat

80-90% of pharyngitis cases are not caused by the strep bacteria and don't require antibiotics.

## Bronchitis

90% of all adult acute bronchitis cases are viral and virtually all cases of bronchitis in kids are viral.

## Pneumonia

First line therapy is high-dose amoxicillin for those without significant comorbidities (i.e. 1g po TID). Use doxycycline for patients with a life threatening allergy to beta-lactam antibiotics.

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