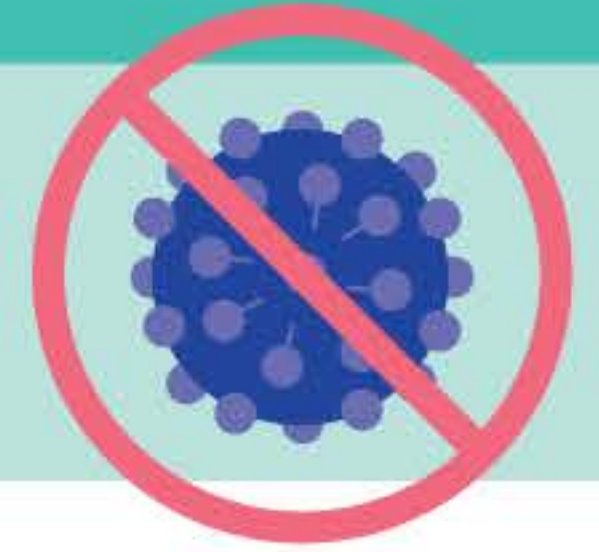


# 90% of cold and flu symptoms are due to a virus, not bacteria

 Antibiotics are not effective for treating viruses.



## 1 Sinus Infections

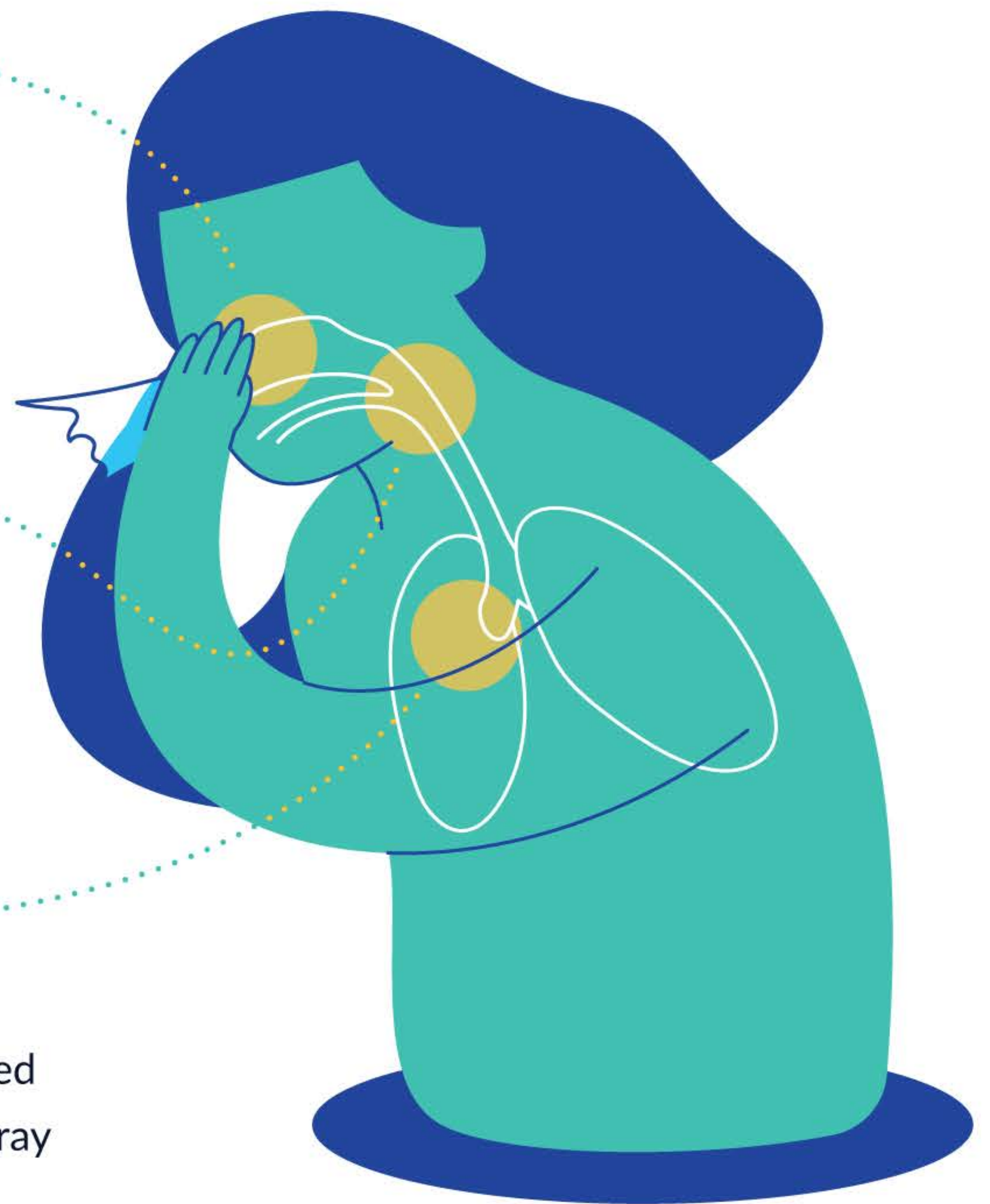
- Most get better in 2 weeks without antibiotics
- You may need antibiotics if you have face pain or pus for 3-4 days, PLUS a high fever (39°C)
- Mucus colour is not useful for knowing if you need antibiotics

## 2 Sore Throats

- Most get better in 2 weeks without antibiotics
- Likely viral if you also have a cough, runny nose, watery eyes, or diarrhea
- Throat swabs may be used to test for strep throat (which is treated with antibiotics)

## 3 Coughs and Bronchitis

- Most get better in 3 weeks without antibiotics
- You may need antibiotics if pneumonia is suspected
- Pneumonia can only be diagnosed with a chest x-ray



## Antibiotics have their own risks

### Common

- Diarrhea
- Vomiting
- Rash
- Upset stomach
- Headache
- Antibiotic resistance

### Rare, but serious

- Liver damage
- Kidney damage
- Bacterial diarrhea