



## Use antibiotics wisely

Antibiotics do not fight infections caused by viruses such as colds, flu, most sore throats, bronchitis, and many sinus and ear infections. Instead, symptom relief might be the best treatment option for viral infections, advises the CDC.

Get smart about when antibiotics are needed—to fight bacterial infections. When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you.

### Know that antibiotics

- Will not cure a viral infection
- Will not keep other people from getting sick
- Will not help you or your child feel better
- May cause unnecessary and harmful side effects
- May contribute to antibiotic resistance, which is when bacteria are able to resist the effects of an antibiotic and continue to cause harm

Rest, fluids, and over-the-counter products may be your or your child's best treatment option against viral infections.