

Stay Healthy!

1. Wash your hands often to prevent the spread of germs.
2. Get the flu and pneumococcal vaccines.
3. Exercise regularly.
4. Eat healthy foods.
5. Get 6-8 hours of sleep a night.

What are viruses?

Viruses are germs that can cause infections such as a cold, the flu, and bronchitis. A virus can travel through the air and enter your body when a sick person coughs or sneezes. Your body will try to fight and kill the virus. If your body can't kill the virus right away, then you will start to feel sick in 1-2 days. No medication can cure a sickness caused by a virus – especially not antibiotics.

What are antibiotics?

Antibiotics are medications that treat infections caused by bacteria. Antibiotics do not kill viruses! Antibiotics do not cure or decrease cold and flu symptoms. Instead, overuse can lead to “antibiotic resistance.”

What is antibiotic resistance?

Antibiotic resistance happens when antibiotics lose their power to kill bacteria. This happens when we use antibiotics that are not needed or do not take them exactly as prescribed.

Prevent antibiotic resistance now!

Take antibiotics ONLY when prescribed by your doctor. NEVER share antibiotics or take leftovers. Take ALL your antibiotics when prescribed, even if you start to feel better. Finish ALL your pills and do not save antibiotics.

When will my doctor prescribe antibiotics?

Only a doctor, nurse practitioner, or physician assistant can determine when and if you need an antibiotic. They will write a prescription for you.

ADULT

Feel Better Soon... Without Antibiotics!



For More Information

Alliance Working for Antibiotic Resistance Education: www.aware.md
Centers for Disease Control & Prevention: www.cdc.gov/flu/takingcare.htm
Faces of Influenza: www.facesofinfluenza.com
Flu Facts: www.flufacts.com
Prevent Influenza: www.preventinfluenza.org





Antibiotics do not kill viruses.

The common cold, flu, and most bronchitis are caused by viruses.

Here are some options that may help you feel better...



	Home Remedies	Over-the-Counter*	Active Ingredient	Common Brand Names**
All Colds and Viral Infections	<ul style="list-style-type: none"> • Drink plenty of fluids (like water and soup) • Stay home and rest 	<i>Over-the-counter medications are not recommended for children under 4 years of age.</i>		
Stuffy Nose	<ul style="list-style-type: none"> • Use a room humidifier • Salt water nose drops or spray 	Decongestant: opens up the nasal passages	Oxymetazoline Phenylephrine Pseudoephedrine	Afrin® Neo-Synephrine, Sudafed PE® Sudafed®
Runny Nose	<ul style="list-style-type: none"> • For red, raw nose, put petroleum jelly or salve on the exterior • Use tissue with lotion 	Antihistamine: dries up the mucus	Diphenhydramine Chlorpheniramine Loratadine Clemastine Cetirizine	Benadryl® Chlor-Trimeton® Claritin®, Alavert®, Dimetapp ND® Tavist Allergy® Zyrtec®
Dry Cough	<ul style="list-style-type: none"> • Use a room humidifier • Gargle with warm salt water 	Cough suppressant: helps stop cough	Dextromethorphan	Delsym®
Moist Cough	<ul style="list-style-type: none"> • Drink more fluids 	Expectorant: thins mucus, makes it easier to cough up	Guaifenesin Guaifenesin w/ dextromethorphan	Robitussin Chest Congestion® Robitussin DM®
Sore Throat	<ul style="list-style-type: none"> • Gargle with warm salt water • Avoid smoke • Drink tea 	Throat lozenges: soothes throat (Do not give to children younger than 10 years of age.)	Menthol Benzocaine	Halls®, Vicks®, Luden's®, Cepacol®, Chloraseptic®
Fever / Muscle Aches	<ul style="list-style-type: none"> • Cool compress on the forehead • Warm compress on sore muscles • Bed rest 	Analgesic: pain reliever	Acetaminophen Aspirin (adults over 20) Ibuprofen Naproxen	Tylenol® Anacin®, Bayer®, Bufferin®, Ecotrin® Advil®, Motrin IB®, Nuprin® Aleve®
Itchy, Watery Eyes / Sneezing	<ul style="list-style-type: none"> • Avoid things you are allergic to or that cause irritation 	Antihistamine: dries you up and may relieve itchy eyes	Diphenhydramine Chlorpheniramine Loratadine Clemastine Cetirizine	Benadryl® Chlor-Trimeton® Claritin, Alavert® Tavist Allergy® Zyrtec®
Ear Ache	<ul style="list-style-type: none"> • Warm compress against the sore ear 	Analgesic: pain reliever	Acetaminophen Aspirin (adults over 20 years) Ibuprofen Naproxen	Tylenol® Advil®, Motrin IB®, Nuprin® Anacin®, Bayer®, Bufferin®, Ecotrin® Aleve®

We would like to thank the Washington State Department of Health for allowing us to adapt this publication.

*Talk to your doctor or a pharmacist if you are pregnant, breastfeeding, or taking other medications before taking over-the-counter medications. Consult your doctor for symptom relief.

**Brand names are listed as examples and do not imply endorsement. (Also look for generic store brands.)