

**Get Smart.
Read the chart.**

Problem	Virus?	Bacteria?	Antibiotic Needed?
Chest cold (bronchitis)	X		No
Cold	X		No
"Flu"	X		No
Green/Yellow Runny Nose	X		No
Middle Ear Infection	X	X	Sometimes
Sinus Infection	X	X	Sometimes
Strep Throat		X	Yes
Non-Strap Sore Throat	X		No

Antibiotics don't work for viruses that cause colds, flu and chest colds (bronchitis).

Overuse of antibiotics creates antibiotic-resistant bacteria.

Infections caused by antibiotic-resistant bacteria are hard to treat and can be serious.

Antibiotics won't treat viral infections. But when you are sick with a virus, there are things you can do to feel better:

- Get plenty of rest
- Drink lots of fluids
- Take over-the-counter medications to relieve symptoms
- Gargle salt water
- Use a cool mist humidifier
- See your doctor if symptoms are severe or do not improve in 10-14 days



Sometimes the best medicine is no medicine at all.



Georgia United against Antibiotic Resistant Disease

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