

• If your doctor suspects that you have a virus, resist the urge to request antibiotics.

• Runny nose, cough, and symptoms like fever, headache, and muscle aches may be bothersome, but antibiotics will not make them go away any faster.

• Antibiotics will not keep the illness from spreading. The infection will be less likely to spread to others if you avoid close contact, follow the cough etiquette and wash your hands frequently.



But infection may change!

- Viral infections may sometimes lead to bacterial infections. But treating viral infections with antibiotics to prevent bacterial infections does not work,
- Treating viral infections with antibiotics may lead to infection with resistant bacteria.
- Keep your doctor informed if the illness gets worse or lasts a long time, so that proper treatment is given, as needed.

But in the past I've taken antibiotics for similar colds and flu and I haven't gotten a resistant infection.

• Antibiotic resistance is a new threat to your health. It is now important to use antibiotics only when they are needed.



Remember!

- Antibiotics are important medicines. If they are not used correctly, they can actually be harmful to your health.
- Taking antibiotics when you do not need them, can cause antibiotics not to work when you do need them.
- When you use antibiotics appropriately, you do the best for your health, your family's health, and the health of those around you.



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Snort.. Sniffle.. Sneeze..

No Antibiotics Please



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Dear patient...

When you feel sick, you want to feel better fast but antibiotics aren't the answer for every illness. This brochure can help you know when antibiotics work and when they won't.

What about antibiotics?

- Antibiotics are important medicines. When used properly, they can save lives, but used improperly, they can actually harm you.
- Most Infections are caused by two kinds of germs: bacteria and viruses.
- Antibiotics can cure bacterial infections – not viral infections.



- Using antibiotics for a virus:
 - Will NOT cure the infection
 - Will NOT help you feel better
 - Will NOT keep others from catching your illness

But it will increase your risk of antibiotic resistant infection.

What's the harm in taking antibiotics anytime?

- Using antibiotics when they are not needed causes some bacteria to become resistant to the antibiotic.
- These resistant bacteria are stronger and harder to kill. They can stay in your body and can cause severe illnesses that cannot be cured with usual antibiotics.
- The more antibiotics prescribed, the higher the chance that you will be infected with resistant bacteria.



- In addition, antibiotics also can cause various side effects, such as allergy, stomach upset, abdominal cramps and diarrhea.

How Do I Know if I have a Virus or a Bacterial Infection?

- It's important to know when to take an antibiotic and when to just let your body's immune system do the work.
- Cold, flu (Influenza), runny Nose & most sore throats are caused by viruses, meaning that antibiotics can't cure them

- Viral illnesses may sometimes last for 2 weeks or more. If the symptoms persist, see your doctor.



If Mucus from the Nose Changes from Clear to Yellow or Green , Does This mean I Need an Antibiotic?

- Yellow or green mucus does not mean that you have a bacterial infection. It is normal for the mucus to get thick and change color during a viral cold.



What should I do?

- The best treatment is to wait. If you get a viral illness, drink plenty of fluids, get lots of rest and let the viral illness run its course.