



Talk to Your Health Care Provider About Antibiotics

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Antibiotic resistance doesn't mean your body is resistant to antibiotics. It means the bacteria that make you sick are changing so that some antibiotics can't kill them.

- ASK YOUR HEALTH CARE PROVIDER how this happens and what it might mean for you.

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About 30% of the antibiotics we take in the U.S. are not needed.

- ASK YOUR HEALTH CARE PROVIDER if you really need an antibiotic and what you can do to feel better if you don't.

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Even if you haven't taken an antibiotic, resistant bacteria can spread to you or your family.

- ASK YOUR HEALTH CARE PROVIDER about antibiotic resistance in your community and how it could affect you and your treatment.

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Bronchitis and sore throats are almost always caused by viruses. Antibiotics won't help because they don't treat viral infections.

- ASK YOUR HEALTH CARE PROVIDER how to make your cough, sore throat, and other symptoms better and what might suggest a bacterial infection like strep throat.

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Your favorite antibiotic might not be the best one for your illness.

- ASK YOUR HEALTH CARE PROVIDER how he or she chooses the best antibiotic for you and what kind of bacteria your health care provider is treating.

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Don't save antibiotics to take the next time you get sick, and don't share them with other people. Tell your health care provider if you have already taken antibiotics for your illness.

- ASK YOUR HEALTH CARE PROVIDER why taking antibiotics without a prescription can do more harm than good.

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Side effects are common with antibiotics.

- ASK YOUR HEALTH CARE PROVIDER what side effects to look for and which ones are serious.

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Billions of "good" bacteria live on your skin and inside your body and help keep you healthy. Antibiotics kill some of these good bacteria.

- ASK YOUR HEALTH CARE PROVIDER about your risk of *Clostridioides difficile* ("C. diff") infection, yeast infections, or other problems caused by killing your good bacteria.

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Vaccinations can prevent some bacterial infections in both adults and children, reducing the need for antibiotics.

- ASK YOUR HEALTH CARE PROVIDER if you need any vaccines.

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Antibiotics can be lifesavers if you have a serious bacterial infection or sepsis.

- ASK YOUR HEALTH CARE PROVIDER what symptoms might suggest that you have a serious bacterial infection or sepsis and what you should do if you don't get better or if you start to feel worse.



Department
of Health