

Appendix A. – Antibiotic Brochure and Insert

What is a safe way to get antibiotics?

YOUR DOCTOR, NURSE, OR PHARMACIST!

- The Internet?
- Purchased without a prescription from another country?
- From a flea market?
- Leftovers from prior prescription?
- A friend's prescription?

Did you know?

Your body has millions of **friendly bacteria** that keep you healthy.

When you do not take antibiotics as prescribed, they may **hurt the healthy bacteria**

AND PUT YOU AT RISK FOR INFECTION WITH HARMFUL BACTERIA.

WE CARE ABOUT YOUR HEALTH!

ANTIBIOTICS

What you and your family should know

What are antibiotics ?

ANTIBIOTICS ARE prescription medicines used to treat **SOME** infections.

ANTIBIOTICS WILL NOT treat colds, pain, diarrhea, or allergies.

TAKING TOO MANY courses of antibiotics can **make them stop working for you and your family.**

This is known as **antibiotic resistance.**

When should I take antibiotics ?

WHEN A HEALTHCARE PROVIDER PRESCRIBES antibiotics for you.

ONLY YOU AND YOUR DOCTOR know what is right for your body.

How can antibiotics hurt me ?

ANTIBIOTICS CAN CAUSE SIDE EFFECTS such as diarrhea, rash, nausea, and yeast infections.

ANTIBIOTICS CAN CAUSE SEVERE ALLERGIC REACTIONS: difficulty breathing, severe nausea or vomiting, dizziness, fast heartbeat, swelling of the face, lips, or tongue, or dangerously low blood pressure.

If you experience any severe allergic reaction symptoms call 911 for immediate assistance.

SEEK CARE IF:

- You are very sick - this is not your usual illness
- Your symptoms are getting worse
- Your symptoms last for more than 1 week

Common Cold



Runny nose, nasal congestion, sore throat, and sneezing - likely from a virus and will get better on its own; cough can last up to 3 weeks. **Antibiotics will not help.**

Diarrhea



Typically gets better on its own without the use of antibiotics.

Allergies



Loss of smell, runny or stuffy nose, facial pain or pressure, mucus dripping down the throat, sore throat, and itchy eyes. **Antibiotics do not treat allergies.**

COVID-19 or Flu



Both are caused by a virus. See your healthcare provider for the right treatment.

Consider these over-the-counter medications for your symptoms.

SYMPTOMS & INGREDIENTS TO LOOK FOR

Body Aches

Acetaminophen
Aspirin
Ibuprofen
Naproxen

Dextromethorphan
Guaifenesin

Cough

Diarrhea

Loperamide

Acetaminophen
Aspirin
Ibuprofen
Naproxen

Fever

Headache

Acetaminophen
Aspirin
Ibuprofen
Naproxen

Oxymetazoline
Phenylephrine
Pseudoephedrine

Congestion

Toothache

Acetaminophen
Ibuprofen
Naproxen



Make sure to speak with your healthcare provider or a pharmacist if you have any medical conditions or take any medications that may interact with your prescribed medications.