Do you really need an antibiotic?

Use home remedies for these viral symptoms:

Stuffy Nose or Runny Nose

Cough

Sore Throat

Fever and Muscle Aches

Watery Eyes and Sneezing

Earache

Antibiotics don't kill viruses—they don't work on colds, flu and most bronchitis, sinus problems or earaches. Your body can fight a cold on its own.

Overuse of antibiotics is creating stronger germs. Serious bacterial infections, like strep throat, are becoming resistant to common antibiotics and are harder to treat.

Talk with your health care provider about whether you really need an antibiotic.

Washington State Department of Health
DOH Pub 130-039 11/2002
For persons with disabilities this document is available on request in other formats. Please call 1-800-525-0127.

AWARE
Alliance Working for Antibiotic Resistance Education

WSMA
Washington State Medical Association

TACOMA-PIERCE COUNTY HEALTH DEPARTMENT
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¿Necesita usted realmente un antibiótico?

Haga uso de remedios caseros para estos síntomas de virus:

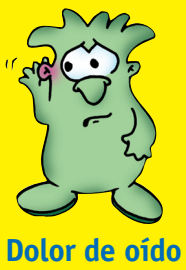
Nariz congestionada o fluyendo

Tos

Dolor de garganta

Fiebre y dolores musculares

Ojos lagrimosos y estornudos



Dolor de oído

Los antibióticos no matan los virus—ellos no curan los resfríos, la gripe o la mayoría de tipos de bronquitis, problemas de sinusitis o dolores de oído. Su cuerpo puede luchar por sí mismo contra un resfrío.

El abuso de antibióticos está creando gérmenes más fuertes. Las infecciones serias causadas por bacterias, tales como inflamación de la garganta, se están haciendo resistentes a los antibióticos comunes y son más difíciles de tratar.

Hable con su médico para decidir si realmente necesita un antibiótico.

Washington State Department of Health
DOH Pub 130-039 11/2002 SP
Para las personas discapacitadas, este documento se encuentra disponible en otros formatos, a pedido. Por favor llame al 1-800-525-0127.

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Sincerely,
Health Education Resource Exchange Web Team

PRINTING SPECIFICATIONS

Title:	**Antibiotics 2003 Poster: Do You Really Need an Antibiotic?**
Size:	11 x 19
Paper stock:	80# gloss coated cover white
Ink color:	4-color process
Special instructions:	2-sided printing with bleeds (English/Spanish).
DOH Pub #:	130-039