

Antibiotic Resistant Infections

Since antibiotics became widely used about 50 years ago, bacteria (or super bugs) have developed that are immune to the usual antibiotics used to kill and treat these infections. This antibiotic resistance can mean more visits to the doctor, a longer illness, possibly more toxic drugs, and/or death. To help protect against antibiotic resistance:

- Don't demand an antibiotic when your health-care provider determines one isn't appropriate. Ask about ways to help relieve your symptoms.
- Never take an antibiotic for a viral infection such as a cold, a cough, or the flu.
- Take medicine exactly as your health-care provider prescribes. If her or she prescribes an antibiotic take it until it is gone, even if you're feeling better.
- Don't take leftover antibiotics or antibiotics prescribed for someone else. These antibiotics may not be appropriate for your current symptoms. Taking the wrong medicine could delay getting correct treatment and allow bacteria to multiply