



**Antibiotics  
will not  
work on a  
cold or the  
flu.**

Using antibiotics if you have a sickness caused by a virus:

- ♦ **Will NOT cure you.**
- ♦ **Will NOT help you feel better.**
- ♦ **Will NOT stop others from getting sick.**

**Only your doctor can tell if you need an antibiotic.**

**Trust them and follow their advice.**

Sickness	Common Cause		Needs antibiotics?
	Virus	Bacteria	
Bronchitis	X		No
Chest Congestion	X		No
Cold	X		No
Flu	X		No
Green or yellow mucus	X		No
Sore Throat (except for strep throat)	X		No
Ear Infection	X	X	Sometimes

# What can you do if you feel sick?

Here are some things you can do at home to feel better right away!

## General:

- Get plenty of rest
- Drink lots of fluids
- Use a humidifier

## Pain or fever? Try . . .

- Acetaminophen (Example: Tylenol®\*)
- OR
- Ibuprofen (Example: Motrin®\* or Advil®\*)

## Sore Throat? Try . . .

- Gargle warm salt water
- Cough drops

## Sneezing or runny nose? Try...

- Difenhydramine (Example: Benadryl®\*)

\*Brand name medications may also be available as store or generic brands.

For more information visit:

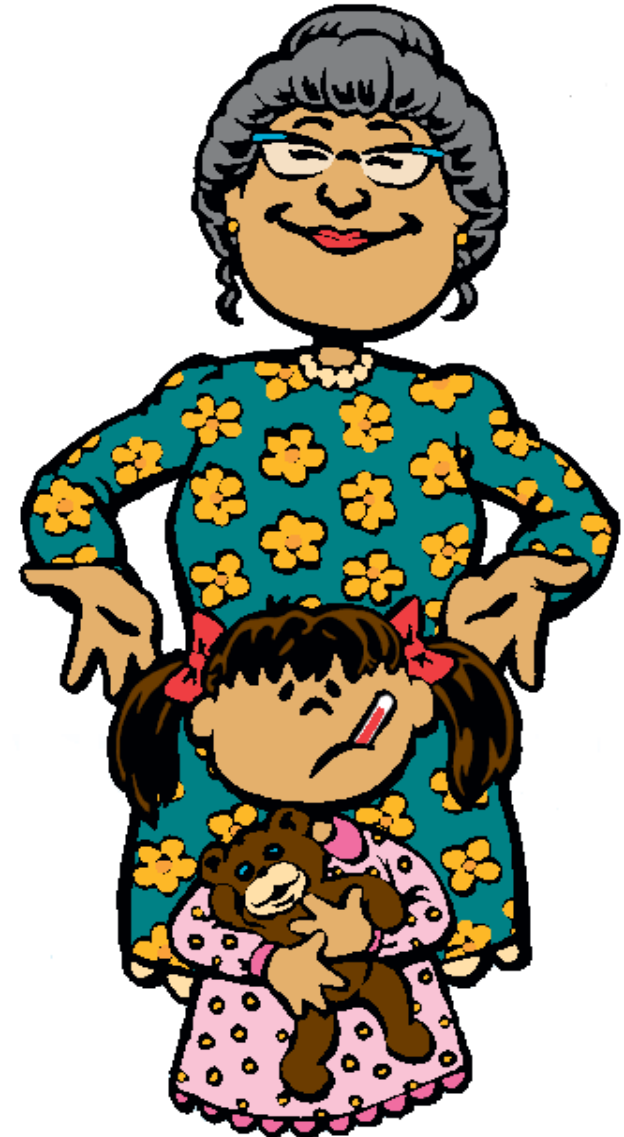
[www.nj.gov/health/cd/mrsa](http://www.nj.gov/health/cd/mrsa)

or call

1-800-367-6543

NJDHSS Communicable Disease Service

# Are Antibiotics Necessary?



Sponsored by UMDNJ in cooperation with Rutgers and NJIT

