

WAIT. Do not fill your prescription just yet. Your healthcare professional believes your illness may resolve on its own.

First, follow your healthcare professional's recommendations to help you feel better without antibiotics and continue to monitor your symptoms over the next few days.

- Rest
- Drink extra water and fluids
- Use a cool mist vaporizer or saline nasal spray to relieve congestion
- Try ice chips or sore throat spray to relieve a sore throat- older children and adults can also use lozenges. Do not give lozenges to young children.

If you **do not feel better in—days/hours, or get worse**, go ahead and fill your prescription.

If you **feel better, you do not need the antibiotic**, and do not have to risk the side effects. Discard your antibiotic prescription.

Waiting to see if you really need an antibiotic can help you take antibiotics only when it is actually necessary. Antibiotics can cause side effects like skin rash, diarrhea, a yeast infection, or worse. They can also make future bacterial infections stronger and harder to treat.

Protect yourself and others. Learn when antibiotics are and aren't needed.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information visit
www.cdc.gov/antibiotic-use