

Can I feel better without antibiotics?



**BE
ANTIBIOTICS
AWARE**

SMART USE, BEST CARE

Respiratory viruses usually go away in a week or two without treatment. To stay healthy and keep others healthy, you can:



Clean Hands



Cover Coughs



Stay Home When Sick



Get Recommended
Vaccines

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.

