

# 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](http://www.cdc.gov/antibiotic-use).

