Can I feel better without antibiotics?

Respiratory viruses usually go away in a week or two.

To stay healthy and keep others healthy, you can:

- Clean your hands
- Stay home when sick
- Avoid close contact with people who are sick
- Get recommended vaccines
- Cover your coughs and sneezes
- Avoid touching your face
- If you need antibiotics, take them exactly as prescribed

Talk to your healthcare professional about what you can do to feel better.

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