



## Good news! Your healthcare professional believes your illness will likely resolve on its own.

You should watch and wait for \_\_\_ **days/hours** before deciding whether to take an antibiotic.

**In the meantime, follow your healthcare professional's recommendations to help you feel better** and continue to **monitor your own symptoms** over the next few days.

- Rest
- Drink extra water and fluids
- Use cool mist vaporizer or saline nasal spray to relieve congestion
- For sore throats in older adults and children, try ice chips, sore throat spray, or lozenges
- Use honey to relieve cough. Do not give honey to an infant less than 1 year of age.

If you **feel better, no further action is necessary — you don't need antibiotics.**

If you **do not** feel better, experience **new symptoms**, or you have **other concerns**, call your healthcare professional \_\_\_\_\_ to **discuss if you need a recheck or if you need antibiotics**, which may be prescribed over the phone.

**It may not be convenient to visit your healthcare professional multiple times, but it is critical to make the right choice. Antibiotics can cause side effects like a skin rash, diarrhea, a yeast infection, or worse.**

**Antibiotics can also make future bacterial infections stronger and harder to treat. You can protect yourself and others by learning when antibiotics are and aren't needed.**

