



NO ANTIBIOTICS PLEASE!
Sniffling? Sneezing? Body Aches?

**If You Have a Cold or Flu,
Antibiotics won't work for you!**

Antibiotics will NOT help viral infections such as:

- Colds or flu
- Most coughs
- Chest congestion (bronchitis)
- Sore throats not caused by strep
- Runny nose

Taking antibiotics for viral infections, such as a cold, cough, flu or most bronchitis:

- Will **not** cure the infections
- Will **not** keep other people from catching the illness
- Will **not** help you feel better



What should you do?

- Drink plenty of fluids like water, soup, tea and juice
- Stay home and rest
- Use a cool mist vaporizer
- Use saline (salt water) nose drops or spray for a stuffy nose
- Gargle with warm salt water or use sore throat spray
- Use throat lozenges or ice chips for adults and children over age 10
- For raw red nose, use petroleum jelly on the affected area
- Avoid smoke
- Cool cloth to the forehead
- Use tissue with lotion