

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

You should watch and wait for ___ **days/hours** before your healthcare professional will know whether you need an antibiotic.

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

- Rest
- Drink extra water and fluids
- Use a cool mist vaporizer or saline nasal spray to relieve congestion
- For sore throats in older children and adults, try ice chips, sore throat spray, or lozenges
- Use honey to relieve a 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 re-check or if you need antibiotics.**

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. They can also make future bacterial infections stronger and harder to treat.

Protect yourself and others. Learn when antibiotics are and aren't needed.



U.S. Department of
Health and Human Services
Centers for Disease
Control and Prevention

For more information visit
www.cdc.gov/antibiotic-use