



The good and bad of antibiotics

What are antibiotics?

Antibiotics are used to stop the growth of or to destroy bacteria and other microorganisms, used chiefly in the treatment of infectious diseases.

Antibiotics do not help if you have a viral infection. Viral infections include:

- Colds
- Flu
- Most coughs
- Most bronchitis
- Runny noses

Taking antibiotics for viral infections will not:

- Cure the infection
- Keep other individuals from catching the illness
- Help you feel better

The good of antibiotics

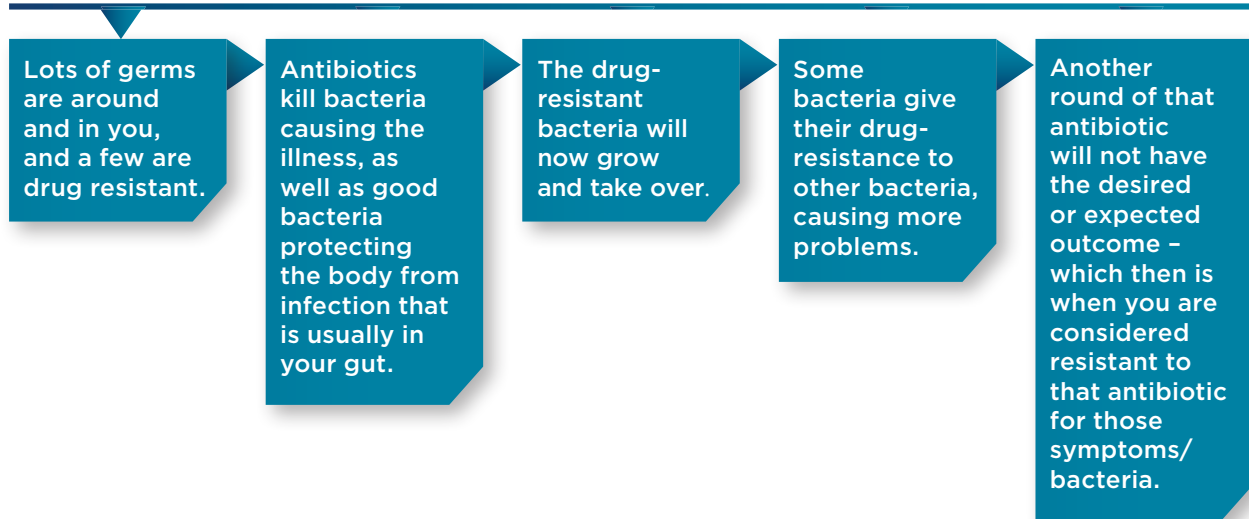
- Kills bacteria that are causing your discomfort or illness
- Many lab tests can tell the doctors if you have a bacteria or virus causing your illness, so if the doctor recommends a lab test, consider doing it

If you've been prescribed antibiotics, take them as directed and for the length of time directed by the doctor.

The bad of antibiotics

- They kill the healthy bacteria in your gut, allowing more harmful bacteria to grow in its place
- Adverse drug events may occur. This means that you may have a drug reaction to these powerful medications. Make sure to ask your pharmacist about any common side effects.
- Can contribute to your antibiotic resistance
 - Antibiotic resistance is when the germs are not killed, and their growth is not stopped
 - Bacteria will inevitably find ways of resisting the antibiotics developed

How antibiotic resistance happens:



References:

1. Get Smart Campaign, Antibiotic Resistance, [cdc.gov](https://www.cdc.gov), 9/26/17.
2. Dictionary.com: Antibiotic, [dictionary.com](https://www.dictionary.com), 9/26/17.