

Antibiotic Do's and Don'ts



After having children of my own, I know a lot about colds and the flu. When my grandchildren have a runny nose, sore throat or a cough, they probably have a cold or the flu. I told my daughter that antibiotics do not cure a cold or the flu.

Antibiotics do not cure –

- ➔ A cold or the flu.
- ➔ Most coughs and sore throats.
- ➔ The green or yellow mucus from the nose.

Antibiotics help some, but not all earaches children get. And, antibiotics don't take away the pain my grandchildren feel when they get sick.

I tell my daughter when the doctor orders an antibiotic for her children, they need to take it all. They need to take it even when they start to feel better. We don't share antibiotics in our family.

Antibiotics are strong medicines. Antibiotics can harm our children if they are given without an order from our doctor.


If our children take antibiotics when they don't need them, the antibiotic may not work when they do need them in the future.

Call your doctor if:

- ➔ You aren't sure what is making your child sick.
- ➔ You have questions about how to help your child feel better.

And, always give them lots of hugs!

Visit our website at: www.aware.md

 **WARE**[®]
*Alliance Working for
Antibiotic Resistance Education*
A project of **CMA Foundation**