

Important Numbers:

National Poison Control1-800-222-1222

Centers for Disease Control
& Prevention1-800-311-3435

American Council for Drug Education . . .1-800-488-3784

National Institute of Mental Health
Information Center1-866-615-6464

Fire Station _____

Police Station _____

Primary Physician _____

After-Hours Clinic _____

24-Hour Nurse Hotline _____

Emergency Room _____

Insurance Policy Number _____



United Health Foundation

For more health care tips, visit UHFtips.org.

TAKE CHARGE OF YOUR CARE.

EVERYBODY KNOWS:

TO KILL A VIRUS

YOU TAKE ANTIBIOTICS.

WRONG.



IMPROPER USE OF ANTIBIOTICS CREATES AND SPREADS HIGHLY RESISTANT STRAINS OF BACTERIA.

If your doctor says you have a cold or the flu,
never request an antibiotic.



When prescribed an antibiotic, take it until it is
gone — even if you feel better.



Always take an antibiotic exactly
as the doctor orders.

At United Health Foundation, we believe that the more you know, the healthier you will be. Which is why we partnered with the CENTERS FOR DISEASE CONTROL & PREVENTION to bring you these important health tips. We encourage you to get more involved in your care, to seek out information and to always make sure that the information you use comes from a reliable, evidence-based source. To find out more on this and other important topics, visit UHFtips.org.



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