

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.



United Health Foundation

**GET
SMART**
Know When Antibiotics Work