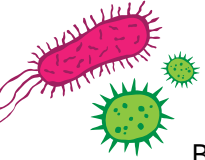


Antibiotics can be good medicine. Know when they're right for you.



Being sick is no fun. Illness is never convenient. And we all want to get well fast. But the fact is that antibiotics aren't always the quick fix we want them to be.

So it's good to know the facts about antibiotics – and even better to talk with your doctor about when they're appropriate and when they're not.

Know the basics

Did you know that:

- + Antibiotics can do more harm than good when used incorrectly
- + There's a difference between viral and bacterial infections
- + Antibiotics don't kill most viruses
- + Overuse of antibiotics can actually make them less effective?



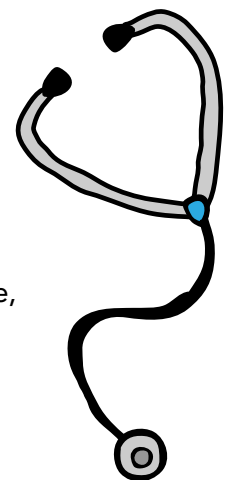
Find the answers to these questions and more at bcbsnc.com/knowyourmeds. In addition, you can always talk with your doctors about any questions you may have with the medications they prescribe.

Talk with – and listen to – your doctor

What's the one most important thing you should know about antibiotics?

It's simple: Whenever you have a question about antibiotics, talk with your doctor.

Your doctor can tell you how the antibiotic works, what to expect when taking it and how to make sure you get the most out of it. And remember, as with any prescription medicine, antibiotics must be used exactly as prescribed to get the maximum benefit.



FOR
MORE
INFO

For more information on antibiotics, visit bcbsnc.com/knowyourmeds or talk with your doctor or other health care professional.

BE SMART about ANTIBIOTICS

It's good to know the facts about antibiotics – and even better to talk with your doctor about when they're appropriate and when they're not.

- + **NEVER** take antibiotics that have been prescribed for someone else.
- + **ALWAYS** take antibiotics exactly as prescribed by your doctor.
- + If you have any **QUESTIONS** about taking your antibiotic, talk with your doctor.

bcbsnc.com/knowyourmeds



7 THINGS TO KNOW about ANTIBIOTICS

1

ONLY treat **BACTERIAL** infections,
NOT **VIRAL** infections

2

can result in an **ANTIBIOTIC-RESISTANT**
infection if misused or overused

3

will **NOT CURE** or help you
FEEL BETTER if you have a
VIRAL illness

4

can **DESTROY "GOOD BACTERIA"**
in your body, which may result in
SERIOUS SIDE EFFECTS

5

DO NOT CURE the flu or **MOST** colds,
sore throats, bronchitis, sinus infections,
runny noses and coughs. They may not
even work on some ear infections

6

will **NOT PREVENT** you from
being **CONTAGIOUS** to others
when you have a **VIRAL** infection

7

are **BEST PRESCRIBED** with
an **EDUCATED** consultation
with your doctor

Source: Centers for Disease Control and Prevention "Get Smart: Know When Antibiotics Work."
<http://www.cdc.gov/getsmart/index.html>