

Staying healthy all year long



These 6 tips can help:

1. **Wash your hands often and carefully.**
2. **Avoid touching your eyes, nose, or mouth.**
3. **Eat healthy foods as part of your daily diet.**
4. **Drink plenty of water.**
5. **Get plenty of sleep each night.**
6. **Don't share personal items such as cups, glasses, forks, spoons, or toothbrushes.**



It's important to always follow your doctor's instructions. The health information in this brochure is not a substitute for medical care. If you have any questions after reading this brochure, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Antibiotics and your health



About That Bug: Viruses vs Bacteria

Plan Logo

Variable Information

About That Bug: Viruses vs Bacteria

Respiratory infections caused by viruses

What is a viral infection?

An infection, caused by one of many different viruses, that antibiotics cannot help. Colds and the flu are examples of viral infections. The flu usually comes on more quickly than a cold and is often more severe.

Where do they come from?

When people who are sick cough or sneeze, they release viruses onto their hands and into the air. Viruses can easily be passed from one person to another by breathing them in or by touching virus-covered surfaces.

How do I know I have one?

If you have a virus, you might have symptoms like: a stuffy nose, cough, watery eyes, sneezing, aching muscles, headache, or feel weak and tired.

How can I prevent them?

There is no medicine to prevent a cold.

You should get a flu shot each year if you are 50 years or older, pregnant during flu season, or have a long-term illness.

Should I call my doctor?

If the symptoms of your virus don't get better or if they get worse, ask your doctor for advice.

How can I treat a virus?

Antibiotics will not fight viral infections. Antibiotics only work against bacterial infections. Ask your doctor for ways to treat symptoms at home. Always check with your doctor before taking any medicine. Some medicines may not be right for some illnesses.

Respiratory infections caused by bacteria

What is a bacterial infection?

An infection caused by bacteria rather than by a virus.

Where do they come from?

If you have a cold or the flu, sometimes a bacterial infection can develop because your body is "worn out" and unprotected against other illnesses.

How do I know I have one?

There are 2 kinds of respiratory infections:

■ Upper respiratory infections

— *Bacterial sinusitis* happens when an earlier infection traps bacteria in the sinuses (the air-filled spaces around the bones of the face)

— *Pharyngitis* is an infection in the throat
Symptoms of these include pressure in your face, headache, fever, sore throat, and a stuffy or runny nose

■ Lower respiratory infections

— *Bacterial bronchitis* is an infection in the lining of the airway leading to the lungs

— *Pneumonia* is an infection in the lung tissues
Symptoms of these include coughing with mucus, breathing problems, and fever

How can I prevent them?

Use the 6 tips on staying healthy (on the back) to help avoid catching one.

Should I call my doctor?

Yes, especially if your symptoms get worse.

How can I treat a bacterial infection?

Bacterial infections are treated with antibiotics. Even if you feel better, always take the antibiotic for as long as your doctor tells you to, or the infection could come back. Do not share your medicine with anyone else. If you don't get better over time, call your doctor.