

## 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.

## Things to remember when you get sick

- Sinusitis can be caused by either bacteria or viruses
  - Antibiotics only treat bacteria, not viruses
  - If it is bacterial, you will most likely be prescribed an antibiotic by your doctor
  - If it is viral, antibiotics will not work and your infection can be helped in other ways
- If your doctor prescribes an antibiotic, take all of the medicine you're given, even if you feel better. If you don't, the infection may come back
- Always ask your doctor before taking any medicine. Some medicines may not be right for some illnesses

Antibiotics and your health



## Sniffles, Sneezes, and Coughs

All About **Colds** Allergies **Sinusitis**

Plan Logo

Variable Information



# Sniffles,

## Colds

### Causes: Why do I catch colds?

Colds are usually caused by viruses. Cold viruses are easily passed from one person to another.

### Symptoms: How do I know when I have a cold?

You might have a stuffy or runny nose, feel weak or tired, or have a cough, headache, fever, or watery eyes.

### Prevention: How can I avoid a cold?

There is no medicine to prevent colds. If someone you know has a cold, try to avoid close contact with them. Do not share things like cups, glasses, forks, spoons, and toothbrushes. Wash your hands often and carefully, eat a healthy diet, drink lots of water, and get plenty of sleep each night.

### Should I see my doctor?

You probably don't need to unless you feel worse or your symptoms have not resolved. You should see your doctor if you have concerns about:

- Fever
- Continuous coughing
- Trouble breathing
- Chest pain
- Constant runny nose
- Constant headache

### How can my cold be treated?

Antibiotics will not cure a cold. The best way to get better is to rest, drink lots of water, take a pain reliever for headaches and muscle pains, and ask your doctor about medicines for stuffy noses and coughs.

## Allergies

### Causes: Why do I have allergies?

Allergies happen when your body tries to defend itself against something. Allergies can happen during a specific season (like spring) or after contact with an "allergen" (like grass or animals).

### Symptoms: How do I know when I have an allergy?

Symptoms can include a rash, a stuffy or runny nose, sneezing, coughing, itchy or watery eyes, or trouble breathing. These reactions usually happen right after your body interacts with an allergen.

### Prevention: What can I do to try to avoid allergies?

You can stay away from anything that causes an allergic reaction. For example, if pollen bothers you, keep your windows closed during peak allergy times. If you have a serious, life-threatening reaction, ask your doctor about wearing a medical bracelet so people know you have an allergy.

### If I have a reaction, should I visit a doctor?

You may want to see your doctor if you're worried about any of these symptoms:

- Runny nose that lasts for weeks
- Burning, itchy, or watery eyes
- Dark circles under the eyes
- Rash
- Swelling of the face
- Intense sneezing

For severe symptoms, go to the doctor right away.

### How can my allergy be treated?

**Antibiotics are not usually used for allergies.**

You can take "antihistamines" (medicines to balance the allergic reaction in your body) or "decongestants" (medicines that reduce swelling). You can also ask your doctor about taking medicines to help your body handle certain substances better.

## Sinusitis (sinus infections)

### Causes: Why do I get sinusitis?

Sinusitis can occur from a cold, an allergy, or from something in the environment that might irritate your sinuses, such as tobacco smoke or dust. You get sinusitis when either bacteria or a virus (such as those that cause colds) gets trapped in your sinuses.

### Symptoms: How do I know when I have sinusitis?

Symptoms can include pressure in your face, pain in your teeth or jaw, a stuffy or runny nose, coughing, headache, fever, or losing your sense of smell.

### Prevention: How can I avoid sinusitis?

Always try to stay healthy by eating a healthy diet and getting plenty of sleep each night. Drink plenty of water and use a humidifier to make sure there is enough moisture in the air you breathe.

### Should I visit the doctor?

You may want to visit your doctor if you have concerns about:

- Pain or pressure in the face
- Aches in your jaw or teeth
- Feeling weak or tired
- Fever
- Swelling of the face
- Intense sneezing

### How can my sinusitis be treated?

Sinusitis can be bacterial or viral. **If your infection is bacterial, your doctor may prescribe an antibiotic.** You should take all of the medicine your doctor gives you, even if you feel better. If your infection is viral, ask your doctor what to do to help your symptoms.

# Sneezes, and Coughs