

A weekly resource
for your well-being

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WORKING
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A TIP FOR TENNESSEANS

October 25, 2016

Get smart: Know when antibiotics work.

Cold and flu season is here. It is a great time to learn more about common infections and to know when antibiotics work. Bronchitis (chest colds), the common cold, most sore throats, most sinus infections and even many ear infections are caused by viruses and do not need or benefit from antibiotics.

Though it is tempting to ask for antibiotics when you or your child feels miserable with a cold or other viral illness, it is not worth the risk of harm. You may be treated with anti-virals for influenza, but antibiotics are rarely the answer. Though generally safe, antibiotics can cause adverse events ranging from minor side effects to serious allergic reactions. Antibiotics can also increase the risk of developing an infection caused by *Clostridium difficile* (C. diff), which can sometimes cause life-threatening diarrhea. Unnecessary antibiotics also contribute to the spread of worrisome antibiotic-resistant bacteria. Do not assume antibiotics will make you feel better more quickly.

Ask your healthcare provider whether antibiotics are necessary and for recommendations on symptom relief or [check out this website for more information](#).



DON'T FORGET!

Be sure everyone 6 months and older gets a flu shot, too. [Read this flu flier](#) for more information about flu shots and where you can get one this season.



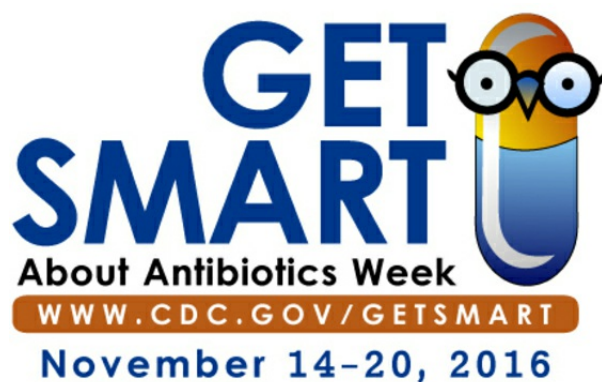
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NURSE
ADVICE LINE:**

1.888.741.3390



Mark your calendars!

Get Smart about Antibiotics Week is November 14 - 20.



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