Using antibiotics if you have a sickness caused by a virus:
- Will NOT cure you.
- Will NOT help you feel better.
- Will NOT stop others from getting sick.

Only your doctor can tell if you need an antibiotic. Trust them and follow their advice.

Antibiotics will not work on a cold or the flu.

<table>
<thead>
<tr>
<th>Sickness</th>
<th>Common Cause</th>
<th>Needs antibiotics?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Virus</td>
<td>Bacteria</td>
</tr>
<tr>
<td>Bronchitis</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Chest Congestion</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Cold</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Flu</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Green or yellow mucus</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td><strong>Sore Throat</strong> (except for strep throat)</td>
<td>X</td>
<td></td>
</tr>
<tr>
<td>Ear Infection</td>
<td>X</td>
<td>X</td>
</tr>
</tbody>
</table>
What can you do if you feel sick?

Here are some things you can do at home to feel better right away!

General:
- ☑ Get plenty of rest
- ☑ Drink lots of fluids
- ☑ Use a humidifier

Pain or fever? Try . . .
- ☑ Acetaminophen (Example: Tylenol®*)
  or
- ☑ Ibuprofen (Example: Motrin®* or Advil®*)

Sore Throat? Try . . .
- ☑ Gargle warm salt water
- ☑ Cough drops

Sneezing or runny nose? Try...
- ☑ Difenhdyramine (Example: Benadryl®*)

*Brand name medications may also be available as store or generic brands.

For more information visit:
www.nj.gov/health/cd/mrsa

or call
1-800-367-6543

NJDHSS Communicable Disease Service

Are Antibiotics Necessary?