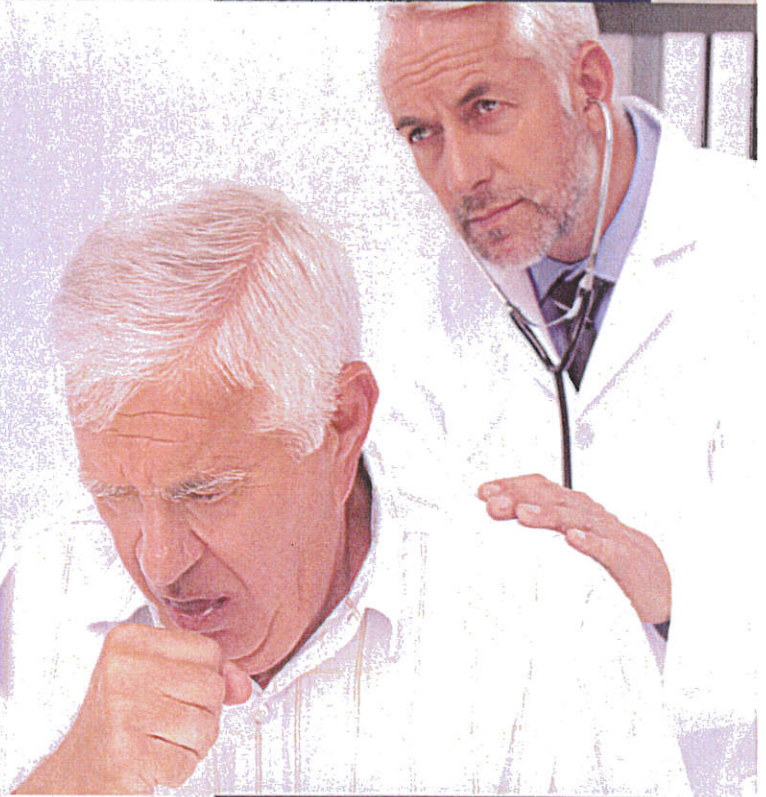


# ANTIBIOTICS DON'T FIX

*Everything!*



As we enter cold and flu season, it's important to know antibiotics won't cure your cold or flu.

## Tips to stay healthy this season:

1. Wash your hands frequently with soap and water.
2. Cough and sneeze into a tissue (use your elbow sleeve area if necessary).
3. Stay hydrated and eat healthy.
4. Stay home if you are sick with a fever, chills or body aches.
5. Talk with your doctor if you want to know if an illness is viral or bacterial. Antibiotics do not help or cure a viral illness.
6. Follow your doctor's advice for antibiotic use if you have a bacterial infection.
7. Get a flu shot.
8. Get a pneumonia shot if recommended.



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