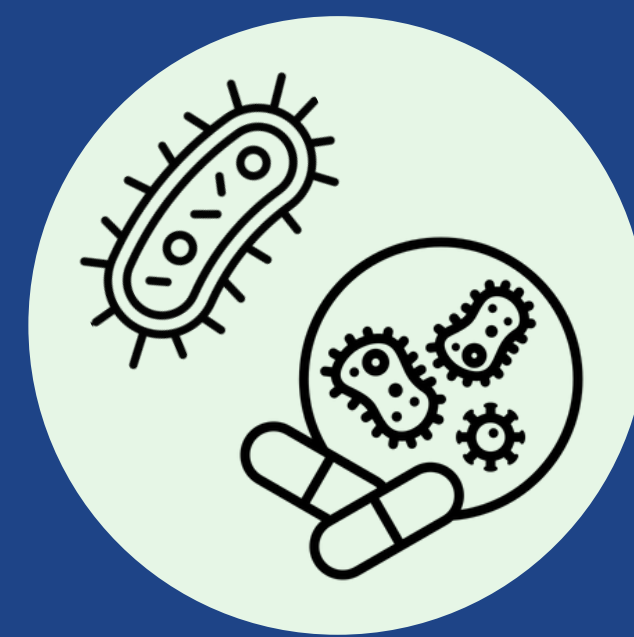


# DO I REALLY NEED AN ANTIBIOTIC?



Antibiotics are medications that kill bacteria.

When antibiotics are used too much or incorrectly, bacteria become resistant to them. Infections become harder—or *impossible*—to treat. This is called **antibiotic resistance**.

## How can I help prevent antibiotic resistance?



Don't ask for an antibiotic if your health professional doesn't think you need it



Don't take antibiotics for colds, as they are caused by viruses. Antibiotics don't work against viruses.



Don't share or use leftover antibiotics



***Use antibiotics only when necessary  
so they continue to work when we need them***



**This is a world-wide problem.**

Learn more about antibiotic resistance and how you can prevent it! Read our article:

[DeprescribingNetwork.ca/blog/antimicrobial-resistance](https://deprescribingnetwork.ca/blog/antimicrobial-resistance)



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