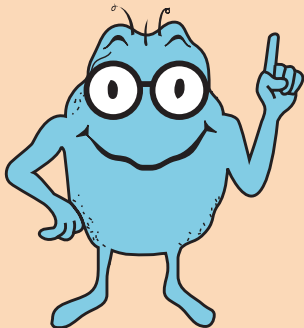


# Stay HEALTHY

**This Cold & Flu Season**



Most coughs, colds, the flu, and general sniffing and sneezing are caused by a virus.

If it's a viral infection, antibiotics will not help.

Antibiotics work for bacterial illness like strep throat, and some ear and sinus infections.

If antibiotics are prescribed, take all your medicine even if you start to feel better.

Do not share or save your antibiotics.

## When you have a cough, cold or the flu . . .

- Rest.
- Drink plenty of fluids.
- Take acetaminophen or ibuprofen for fever/pain.
- Use saline nose drops for a stuffy nose.
- See your doctor if symptoms don't improve in 10-14 days.

