# Stay Healthy:
# Disease Prevention Saves Lives!

**Tips to Prevent Colds and the Flu**

- Wash your hands often.
- Cover your mouth when you cough or sneeze.
- Get a flu shot each year.
- Eat a healthy diet & get regular exercise.
- Don't share cups, glasses, or eating utensils.

## The Facts

Most coughs, colds, the flu, and general sniffling 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 to 14 days.

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GET SMART VIRGINIA
Know When Antibiotics Work