

Antibiotics: Wise Use, Not Overuse!!!



**Sometimes the
BEST medicine is
NO medicine**

- Talk with your doctor... ask if your child's illness is caused by bacteria or viruses
- Let your doctor decide when antibiotics are necessary and useful
- Take antibiotics as directed; DO NOT give your child someone else's antibiotics
- Throw away any unused antibiotics
- Prevent infections... wash hands with soap and warm water to stop the spread of bacteria and viruses
- Protect your children from cigarette smoke

West Virginia Physicians for Wise Use of Antibiotics

- Jeffrey Ashley, MD
Robert C. Byrd Health Sciences Center, West Virginia University-Charleston
- Patricia Lally, DO
The West Virginia School of Osteopathic Medicine
- Kathryn Moffett, MD
Robert C. Byrd Health Sciences Center, West Virginia University-Morgantown
- Lora Jobe, MD
West Virginia Academy of Family Physicians
- Robert B. Walker, MD
Joan C. Edwards School of Medicine, Marshall University
- Raheel R. Khan, MD
West Virginia Chapter American Academy of Pediatrics

West Virginia Department of
Health and Human Resources
Bureau For Public Health
Infectious Disease Epidemiology
Program 304-558-5358



**Colds
Bronchitis
Sore Throats
Fluid in the
Ear
& Children**



**What You Need
to Know...
What You Need
to Watch For...
What You Can Do**

What You Need to Know

Colds, bronchitis, sore throats, and fluid in the ear are very common. They usually have a common cause... viruses. Many of these illnesses have similar symptoms too...

- a runny nose (clear, yellow and even green snot are **normal** with illnesses caused by viruses)
- cough
- sore throat
- slight fever

Antibiotics **WILL NOT** help your child feel better when he/she has a cold, bronchitis, sore throat or fluid in the ear. These illnesses are caused by viruses, and **CANNOT** be cured by antibiotics. It will take Time, Patience and Tender Loving Care for your child to feel better.

See your doctor to be sure of the cause of your child's illness, and do not ask for antibiotics for illnesses caused by viruses.

What You Need to Watch For

Colds, bronchitis, sore throats and fluid in the ear will all go away on their own. Your child should at least show some improvement within 10 days. Call your doctor or take your child back to the doctor **IF**

- **Your child develops a high fever**
- **Your child has a cough that HAS NOT improved at all**
- **Your child has trouble breathing**
- **Your child has difficulty swallowing**
- **Your child begins breathing really fast**
- **Your child has chest pain**
- **Your child has face pain and swelling around the eyes**

Any or all of these symptoms could mean that your child has a more serious illness, and your doctor will need to see your child.

What You Can Do

When your child has a cold, bronchitis, sore throat or fluid in the ear, you can help your child feel better by doing the following...

- Make sure your child gets extra rest or sleep
- Offer plenty of fluids, even popsicles
- Give acetaminophen or ibuprofen for slight fever or pain
- Keep your child away from cigarette smoke

Time, patience and tender loving care will "cure" most colds, bronchitis, sore throats and fluid in the ear.

