Use this guide to gather ideas on how you can get symptom relief without antibiotics.

Our providers are committed to prescribing antibiotics only when needed.

ANTIBIOTICS
OWN the PROBLEM - OWN the SOLUTION - OWN your HEALTH

TAKING ANTIBIOTICS FOR VIRAL INFECTIONS WILL NOT HELP YOU AND COULD HARM YOU.

GENERAL ADVICE

- Always use over-the-counter products as directed, and consult your health care provider with questions or concerns.
- Wash hands often with soap and water; if not visibly soiled, can use hand sanitizer.
- Get plenty of rest.
- Drink extra water and juice.
- Avoid smoking, secondhand smoke, and other pollutants.

Learn more about antibiotics, appropriate antibiotic use, and antibiotic stewardship:

www.health.state.mn.us/diseases/antibioticresistance
www.health.state.mn.us/onehealthabx
www.cdc.gov/antibiotic-use
www.cdc.gov/drugresistance

COUGH AND COLD CARE FOR ADULTS

Do-It-Yourself Guide

Protect yourself from getting sick:

- Wash your hands often with soap and water.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Stay away from people who are sick.
- Get recommended vaccines.

Learn more about antibiotics, appropriate antibiotic use, and antibiotic stewardship:
**RUNNY NOSE**
- Get plenty of rest.
- Drink extra water and juice.
- Use a decongestant or saline nasal spray.

**Shopping list:**
- Lozenges
- Honey
- Sore throat spray
- Acetaminophen, ibuprofen, or naproxen
- Warm beverages

**SORE THROAT**
- Use ice chips, honey, lozenges, or sore throat spray.
- Use a clean humidifier or cool mist vaporizer.
- Gargle salt water.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.
- Drink warm beverages.

**COUGH**
- Use a clean humidifier or cool mist vaporizer.
- Breathe in steam from a shower or bowl of hot water.
- Use non-medicated lozenges, honey, or cough syrup.

**Shopping list:**
- Lozenges
- Honey
- Cough syrup

**SINUS PAIN/PRESSURE**
- Put a warm compress over the nose and forehead.
- Breathe in steam from a shower or bowl of hot water.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.
- Use a decongestant or saline nasal spray.

**Shopping list:**
- Acetaminophen, ibuprofen, or naproxen
- Saline nasal spray or decongestant

**EAR PAIN**
- Put a warm, moist cloth over the ear that hurts.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.
- Use a decongestant or saline nasal spray.

**Shopping list:**
- Acetaminophen, ibuprofen, or naproxen

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**Other items:**
- Chicken soup
- Hand sanitizer
- Tissues
- Saline nasal spray or decongestant
- Acetaminophen, ibuprofen, or naproxen