

I PLEDGE

to use antibiotics responsibly!



Your name
Your title

John Hancock

- ✓ I will never take antibiotics for a virus, such as flu or a cold.
- ✓ I will never skip doses or stop an antibiotic early unless directed by my health care provider.
- ✓ I will wash my hands, cover my cough, and stay home when I feel ill.
- ✓ I will discard any leftover medications appropriately.
- ✓ I will get recommended vaccines.



Learn more about antibiotic resistance and stewardship at:
www.health.state.mn.us/onehealthabx