

# Can I feel better without antibiotics?



**BE  
ANTIBIOTICS  
AWARE**

SMART USE, BEST CARE

Respiratory viruses usually go away in a week or two.

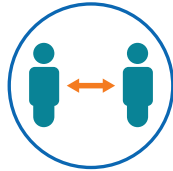
**To stay healthy and keep others healthy, you can:**



Clean your hands



Stay home when sick



Avoid close contact with people who are sick



Get recommended vaccines



Cover your coughs and sneezes



Avoid touching your face



If you need antibiotics, take them exactly as prescribed

Talk to your healthcare professional about what you can do to feel better.

To learn more about antibiotic prescribing and use, visit [www.cdc.gov/antibiotic-use](http://www.cdc.gov/antibiotic-use).

