What Is Watchful Waiting?



WAIT. DO NOT FILL YOUR PRESCRIPTION JUST YET.

Tour fleditileare professional believes your filliess may go away on its own.
You should watch and wait for days/hours before deciding whether to take an antibiotic.
In the meantime, follow your healthcare professional's recommendations to help you feel better and continue to monitor your own symptoms over the next few days.
O Rest.
O Drink extra water and fluids.
O Use a cool mist vaporizer or saline nasal spray to relieve congestion.
O For sore throats in adults and older children, try ice chips, sore throat spray, or lozenges.
O Use honey to relieve cough. Do not give honey to an infant younger than 1.
If you feel better, no further action is necessary. You don't need antibiotics.
If you do not feel better, experience new symptoms, or have other concerns, call your healthcare professional Discuss whether you need a recheck or antibiotics.
It may not be convenient to visit your healthcare professional multiple times, but it is critical to take antibiotics only when needed. When antibiotics aren't needed.

Antibiotics save lives, and when a patient needs antibiotics, the benefits outweigh the risks of side effects. You can protect yourself and others by learning when antibiotics are and are not needed.

they won't help you and the side effects could still hurt you. Common side effects of antibiotics can include rash, dizziness, nausea, diarrhea, and yeast infections.

To learn more about antibiotic prescribing and use, visit **www.cdc.gov/antibiotic-use**.