

Healthcare Provider (HCP) Educational Materials

1. Wait Room Poster

DO YOU NEED ANTIBIOTICS?




You feel sick and miserable and want to get better fast. It could be a cold or even the flu. You're probably thinking you need antibiotics to knock out your illness and help you feel better. **Not so fast!** When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.

8 WAYS TO BE ANTIBIOTICS AWARE

- 1 Antibiotics save lives, but they aren't always the answer when you're sick.
- 2 Antibiotics do not work on viruses.
- 3 Antibiotics are only needed for treating certain infections caused by bacteria.
- 4 An antibiotic will NOT make you feel better if you have a virus.
- 5 Any time antibiotics are used, they can cause side effects.
- 6 Taking antibiotics creates resistant bacteria.
- 7 If you need antibiotics, take them exactly as prescribed.
- 8 Stay healthy: clean hands, cover coughs, and get vaccinated, for the flu, for example.

Talk to your healthcare professional about the best way to feel better.

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



2. HCP Commitment Poster

A Commitment to Our Patients About Antibiotics

Antibiotics only fight infections caused by bacteria. Like all drugs, they can be harmful and should only be used when necessary. Taking antibiotics when you have a virus can do more harm than good: you will still feel sick and the antibiotic could give you a skin rash, diarrhea, a yeast infection, or worse.

Antibiotics also give bacteria a chance to become more resistant to them. This can make future infections harder to treat. It means that antibiotics might not work when you really do need them. Because of this, it is important that you only use an antibiotic when it is necessary to treat your illness.



How can you help? When you have a cough, sore throat, or other illness, tell your doctor you only want an antibiotic if it is really necessary. If you are not prescribed an antibiotic, ask what you can do to feel better and get relief from your symptoms.

Your health is important to us. As your healthcare providers, we promise to provide the best possible treatment for your condition. If an antibiotic is not needed, we will explain this to you and will offer a treatment plan that will help. We are **dedicated** to prescribing antibiotics **only** when they are needed, and we will avoid giving you antibiotics when they might do more harm than good.

If you have any questions, please feel free to ask us.

Sincerely,

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



3. Be Antibiotics Aware Static Counter Cling



4. Be Antibiotics Aware Window Cling



5. Be Antibiotics Aware Stickers



6. Prescription Pad (Large and Small): Delayed Prescribing

What Is Delayed Prescribing?



WAIT. DO NOT FILL YOUR PRESCRIPTION JUST YET.

Your healthcare professional believes your illness may resolve on its own.

First, follow your healthcare professional's recommendations to help you feel better without antibiotics. Continue to monitor your own symptoms over the next few days.

- Rest.
- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats in adults and older children, try ice chips, sore throat spray, or lozenges.
- Use honey to relieve cough. Do not give honey to an infant younger than 1.

If you do not feel better in _____ days/hours or feel worse, go ahead and fill your prescription.

If you feel better, you do not need the antibiotic, and do not have to risk the side effects.

Waiting to see if you really need an antibiotic can help you take antibiotics only when needed. When antibiotics aren't 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.

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.

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



7. Prescription Pad (Large and Small): Relief for Viral Illnesses

Symptom Relief for Viral Illnesses



1. DIAGNOSIS

- Cold or cough
- Middle ear fluid (Otitis Media with Effusion, OME)
- Flu
- Viral sore throat
- Bronchitis
- Other: _____

You have been diagnosed with an illness caused by a virus. Antibiotics do not work on viruses. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. The treatments prescribed below will help you feel better while your body fights off the virus.

2. GENERAL INSTRUCTIONS

- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges.
- Use honey to relieve cough. Do not give honey to an infant younger than 1.

3. SPECIFIC MEDICINES

- Fever or aches: _____
- Ear pain: _____
- Sore throat and congestion: _____

Use medicines according to the package instructions or as directed by your healthcare professional. Stop the medication when the symptoms get better.

4. FOLLOW UP

- If not improved in _____ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Phone: _____
- Other: _____

Signed: _____

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



8. Prescription Pad (Large and Small): Taking your Antibiotics

Taking Your Antibiotics



You have just filled a prescription for antibiotics.

READ THIS IMPORTANT INFORMATION.

- Take it exactly as your healthcare professional tells you.
- Do not skip doses.
- Do not share it with others.
- Do not save it for later. Talk to your pharmacist about safely discarding leftover medicines.

WHY IS THIS CHECKLIST SO IMPORTANT?

All medicines can have side effects. 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.

If you have questions about your antibiotics, talk with your healthcare professional.

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



9. Prescription Pad (Large and Small): Watchful Waiting

What Is Watchful Waiting?



GOOD NEWS!

Your healthcare professional believes your illness will likely 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.

- Rest.
- Drink extra water and fluids.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats in adults and older children, try ice chips, sore throat spray, or lozenges.
- 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, 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.

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.

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

