

Antibiotics & You: What to Know

At Southern New Hampshire Health, we care about keeping you healthy and safe. To do this, our providers give antibiotics only when they are truly needed. We believe:

- **Antibiotics must be used wisely**
- **Safety comes first**
- **Education matters**



By working together, we can improve care, lower risks, and make sure antibiotics stay effective for the future. Our practices follow proven guidelines from the Centers for Disease Control and Prevention (CDC). Thank you for partnering with Southern New Hampshire Health to keep our community healthier and safer.

Help Keep Antibiotics Safe and Effective



Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics do NOT work on viruses.

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

Do antibiotics have side effects?

Antibiotics can sometimes cause side effects, but they can also save lives. If you really need them, the good usually outweighs the risks. But if you don't need antibiotics, taking them can do more harm than good.



Common side effects of antibiotics include

- Rash
- Nausea
- Yeast Infection
- Dizziness
- Diarrhea



If you experience side effects, follow up with your healthcare provider.



Get immediate medical help if you experience severe diarrhea. It could be a symptom of a C. difficile infection (also called C. diff), which can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

To stay healthy and keep others healthy...

- **Clean your hands**
- **Stay home when sick**
- **Avoid close contact with people who are sick**
- **Cover your coughs and sneezes**
- **Avoid touching your face**
- **If you need antibiotics, take them as prescribed**
- **Get recommended vaccines**



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

What are antibiotic-resistant bacteria?

Antibiotics can save lives but using them too often can cause antibiotic resistance. This happens when germs like bacteria and fungi change so the medicine no longer works. If antibiotics stop working, we can't treat some infections.

More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

35,000 DEATHS



2.8M
INFECTIONS