

Use this guide to gather ideas on how you can get symptom relief without antibiotics.

Our providers are committed to prescribing antibiotics only when needed.



TAKING ANTIBIOTICS FOR VIRAL INFECTIONS WILL NOT HELP YOU AND COULD HARM YOU.

GENERAL ADVICE



- Always use over-the-counter products as directed, and consult your health care provider with questions or concerns.
- Wash hands often with soap and water; if not visibly soiled, can use hand sanitizer.
- Get plenty of rest.
- Drink extra water and juice.
- Avoid smoking, secondhand smoke, and other pollutants.

Protect yourself from getting sick:

Wash your hands often with soap and water.



Avoid touching your eyes, nose, and mouth with unwashed hands.



Stay away from people who are sick.



Get recommended vaccines.



Learn more about antibiotics, appropriate antibiotic use, and antibiotic stewardship:

www.health.state.mn.us/diseases/antibioticresistance

www.health.state.mn.us/onehealthabx

www.cdc.gov/antibiotic-use

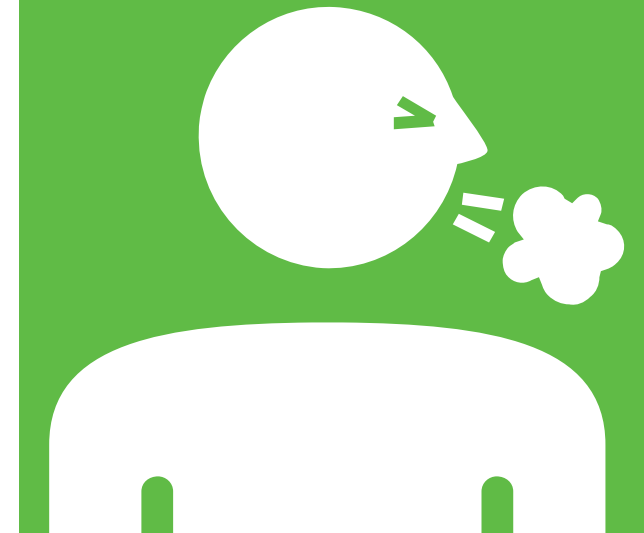
www.cdc.gov/drugresistance



COUGH AND COLD CARE

FOR ADULTS

Do-It-Yourself Guide



SORE THROAT



- Use ice chips, honey, lozenges, or sore throat spray.
- Use a clean humidifier or cool mist vaporizer.
- Gargle salt water.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.
- Drink warm beverages.

Shopping list:



Lozenges



Honey



Sore throat spray



Acetaminophen,
ibuprofen, or naproxen



Warm beverages

Other items:



Chicken soup



Hand sanitizer

COUGH



- Use a clean humidifier or cool mist vaporizer.
- Breathe in steam from a shower or bowl of hot water.
- Use non-medicated lozenges, honey, or cough syrup.

Shopping list:



Lozenges



Honey



Cough syrup

RUNNY NOSE



- Get plenty of rest.
- Drink extra water and juice.
- Use a decongestant or saline nasal spray.

Shopping list:



Tissues



Saline nasal spray
or decongestant



SINUS PAIN/ PRESSURE



- Put a warm compress over the nose and forehead.
- Breathe in steam from a shower or bowl of hot water.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.
- Use a decongestant or saline nasal spray.

Shopping list:



Acetaminophen,
ibuprofen, or naproxen



Saline nasal spray
or decongestant



EAR PAIN



- Put a warm, moist cloth over the ear that hurts.
- Take acetaminophen, ibuprofen, or naproxen to relieve pain or fever.

Shopping list:



Acetaminophen,
ibuprofen, or naproxen