ਜੁਕਾਮ, ਸਰਹਿ, ਜੇ ਮਾੜੇ-ਪੁਰਾਸੀ ਦੀਆਂ ਦੇਵਾਇਅੀਅਨਾ ਐਂਟੀਬਾਇਓਟਟਕ ਦਿਾਈਆਂ ਬੈਕਟੀਰੀਆ ਦਾ ਪਸਰਾਣ ਕਰ ਸਕਦੇ ਹਨ ਕਿਉਂਕਿ ਵਾਇਰਸਾਂ ਨੂੰ ਨਹੀਂ। ਆਖਰਕਾਰ ਤੁਸੀਂ ਐਂਟੀਬਾਇਓਟਟਕ ਦਿਾਈਆਂ ਲਈ ਉਮੀਦ ਕਰ ਸਕਦੇ ਹੋ।

ਐਂਟੀਬਾਇਓਟਟਕ ਦਿਾਈਆਂ ਚੋਂ ਅਤੇ ਮਾੜੇ ਦੀਆਂ ਬੈਕਟੀਰੀਆ ਵਿੱਚ ਐਂਟੀਬਾਇਓਟਟਕ ਦਵਾਈਆਂ ਦੇ ਜੋਖਮ ਹੁੰਦੇ ਹਨ।

ਐਂਟੀਬਾਇਓਟਟਕ ਦਵਾਈਆਂ ਬੈਕਟੀਰੀਆ ਨੂੰ ਮਾਰਦੀਆਂ ਹਨ, ਤਾਂ ਤੁਹਾਣੂੰ ਗਲ਼ਾ ਖਰਾਬ ਹੈ ਇਹ ਵਲੇਹਾਂ ਵਰਤੇ ਜਾਂਦੇ ਹਨ। ਐਂਟੀਬਾਇਓਟਟਕ ਦਵਾਈਆਂ ਨਾਲ ਲੱਕੜ ਨਹੀਂ। ਪ੍ਰਤੀਰੋਕ ਬੈਕਟੀਰੀਆ—ਸੁਪਰਬ ਵਦਗਾਂ—ਇਹ ਪ੍ਰਤੀ ਪ੍ਰਤੀ ਬਣ ਜਾਂਦੇ ਹਨ। ਪ੍ਰਤੀਰੋਕ ਬੈਕਟੀਰੀਆ—ਸੁਪਰਬ ਵਦਗਾਂ—ਇਹ ਦਿਆਂ ਦਵਾਈਆਂ ਪ੍ਰਤੀ ਪ੍ਰਤੀ ਬਣ ਜਾਂਦੇ ਹਨ। 

ਤੁਹਾਣੂੰ ਕੋਈ ਨਹੀਂ ਦੀ ਲਾਗ ਹੈ ਜੋ ਦਵਾਈ ਦੀ ਲੋੜ ਪੈ ਸਕਦੀ ਹੈ। ਕੁਝ ਉਦਾਹਰਨਾਂ ਇਹ ਹਨ:

• ਲੰਡਰੀੰਗ ਹਨ ਸ਼ਾਮਲ ਹੋ ਸਕਦੇ ਹਨ ਰੰਗਦਾਰ ਬਲਗਮ ਿਾਲੀ ਖਾਂਸੀ
• ਘੱਟੋਂ ਵਿੱਚ ਸ਼ਾਮਲ ਹੋ ਸਕਦੇ ਹਨ ਰੰਗਦਾਰ ਬਲਗਮ ਆਉਂਦੀ ਹੈ 

ਤੁਹਾਣੂੰ ਹੁਣ ਦਵਾਈ ਦੀ ਲੋੜ ਪੈ ਸਕਦੀ ਹੈ।

ਤੁਹਾਣੂੰ ਹੁਣ ਦਵਾਈ ਦੀ ਲੋੜ ਪੈ ਸਕਦੀ ਹੈ।
Choosing Wisely Canada

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