

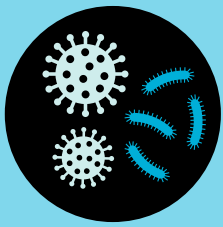
# 4 Questions

## to Ask your Health-Care Provider About Antibiotics

**Antibiotics can help fight infections, but inappropriate use of antibiotics may lead to unwanted side-effects. Using antibiotics inappropriately can cause bacteria to develop resistance and become less effective in the future.**

**Ask your health care provider these questions to help you choose antibiotics wisely.**

### 1 Does my child need antibiotics?



Viruses such as the common cold, the flu, and most sore throats, are the most common cause of infections in children. Antibiotics do not treat viruses but do work to fight infections caused by bacteria, like strep throat and bladder infections.

**ASK what your child's diagnosis is and whether it is caused by a bacteria.**

### 2 Which is the best option?



There are many types of antibiotics – some fight many different bacteria, including normal healthy bacteria, and some target specific bacteria. Choosing targeted antibiotics will fight specific bacteria and disturb your child's healthy bacteria less. Some antibiotics can also interact with other medications which may lead to unwanted side-effects.

**ASK if your child is on the best type of antibiotic for this infection, if there is a more targeted option available, and to check for medication interactions.**

### 3 What are some side-effects?



When antibiotics are needed, they can occasionally have minor side effects such as rash, diarrhea, nausea, and vomiting.

**ASK if your child's symptoms are caused by antibiotics, and how to manage these.**

### 4 What can we do to stay healthy?



Some infections can be prevented by making sure the whole family cleans their hands, covers their mouth when coughing with a tissue or upper sleeve and gets the recommended vaccines. If your child is unwell, they should stay home.

**ASK for tips on how to prevent the spread of infection so that your whole family can stay healthy.**