

What You Can Do to Help Prevent Antibiotic Resistance



- Prevent infections through handwashing, vaccination, and food safety.
- Tell your health care provider you are concerned about resistance.
- Ask your provider how you can get symptom relief without antibiotics.
- Take antibiotics exactly as prescribed.
- Discard any leftover medication as directed.
- Never skip doses or stop taking an antibiotic early.
- Recognize that antibiotics are not needed for viral infections like cold or flu.
- Never pressure your health care provider to prescribe an antibiotic.
- Never save antibiotics for the next time you get sick.
- Never take antibiotics prescribed for someone else.
- Ask about vaccines to prevent infections treated with antibiotics.



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Learn more at
<https://www.dhs.wisconsin.gov/antimicrobial-stewardship/index.htm>.



Wisconsin Medical Society



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