



**BE
ANTIBIOTICS
AWARE**
SMART USE, BEST CARE

**Stay healthy and keep others healthy
by cleaning hands, covering coughs,
staying home when sick, and
getting recommended vaccines.**



Tips for Better Health

- Wash your Hands Before and after eating, after using the rest-room, or when your hands are visibly soiled. This is the best way to stay well!
- Keep your hands away from your face.
- Make sure vaccinations are up to date.
- Cover your cough with your elbow.
- If you are sick, stay home and get some rest.
- If you are seeing your healthcare provider, be cautious in use of antibiotics, they are not always the answer. Your healthcare provider knows some illnesses are caused by viruses which do not respond to antibiotics.