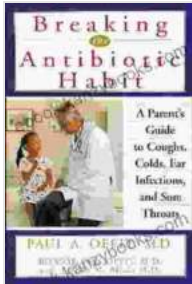


Breaking the Antibiotic Habit

Antibiotics are powerful drugs that have saved countless lives. However, they are also overused and misused, which can lead to serious health problems.



Breaking the Antibiotic Habit: A Parent's Guide to Coughs, Colds, Ear Infections, and Sore Throats

by Paul A. Offit

★★★★☆ 4.8 out of 5

Language : English
File size : 706 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 196 pages
Screen Reader : Supported



When antibiotics are used inappropriately, they can:

- Kill good bacteria, which can lead to infections
- Cause side effects, such as nausea, vomiting, and diarrhea
- Contribute to the development of antibiotic-resistant bacteria

Antibiotic resistance is a growing problem. When bacteria become resistant to antibiotics, they are difficult or impossible to treat. This can lead to serious infections, hospitalizations, and even death.

The Centers for Disease Control and Prevention (CDC) recommends that antibiotics be used only when they are necessary to treat a bacterial infection. Antibiotics are not effective against viral infections, such as the common cold or flu.

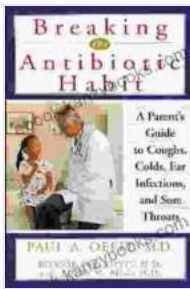
If you are prescribed antibiotics, it is important to take them exactly as directed. Do not skip doses or stop taking the medication early, even if you start to feel better. Taking antibiotics incorrectly can lead to antibiotic resistance.

There are a number of things you can do to help prevent antibiotic resistance, including:

- Only take antibiotics when they are prescribed by a doctor
- Take antibiotics exactly as directed
- Do not share antibiotics with others
- Wash your hands frequently
- Get vaccinated against preventable diseases

By following these simple steps, you can help prevent antibiotic resistance and protect your health.

Antibiotics are powerful drugs that can save lives. However, they are also overused and misused, which can lead to serious health problems. It is important to only take antibiotics when they are necessary and to take them exactly as directed. By following these simple steps, you can help prevent antibiotic resistance and protect your health.

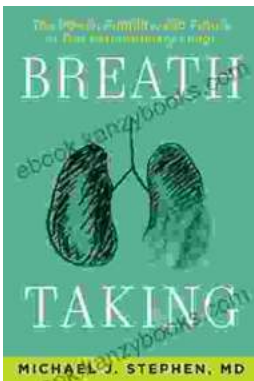


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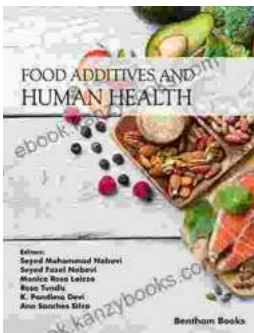
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