

Mind Your Microbiome & Get Smart About Antibiotics!

How should I take my antibiotic?

1. Take it exactly how your doctor or pharmacist tells you.
2. Finish the prescription—even if you start to feel better—and do not save for later.
3. Do not skip doses.
4. Do not share medication with others.

Why does this matter?

Taking an antibiotic the wrong way can make infections stronger and harder to treat.

What do antibiotics do?

Antibiotics kill **bacteria**—both the bad kind that make you sick, and the good kind that help your body! Antibiotics will not help your body fight a **virus**.

Good bacteria colonize your body and help to keep you healthy.



When **bad bacteria** infect your body, you may become ill.

Did you know?

Your microbiome consists of all of the microbes, including bacteria, that live **in** and **on** your body. Taking antibiotics just once can have a lasting impact on your microbiome, and possibly your health.

Want to learn more?

Visit: www.cdc.gov/getsmart/community & www.buffalo.edu/gem

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