



**Antibiotics  
aren't always  
the answer.**

UHS is committed to appropriate antibiotic prescribing. That's why we guarantee we will do our best to prescribe antibiotics only when you need them.

**UHS: doing our part  
in the fight against  
antibiotic resistance.**

## The **FACTS**

- Overusing antibiotics encourages bacteria to become resistant to treatment.
- This means antibiotics will no longer work against infections.
- Antibiotic resistance threatens everyone's health.
- Antibiotics do not work for viral infections such as colds, sinusitis, the flu, or most sore throats and earaches.

## Our **ADVICE**

- Only take antibiotics if prescribed.
- Follow instructions from your healthcare professional.
- Always finish the entire course of antibiotics.
- Do not give your antibiotics to someone else.

### **PREVENT the spread of infection by...**

- Exercising good hand hygiene by washing hands regularly.
- Preparing food hygienically
- Keeping vaccinations up to date.

*We promise to prescribe antibiotics **ONLY** when the benefits outweigh the risks.*

Talk to your healthcare provider about your role in responsible antibiotic use.