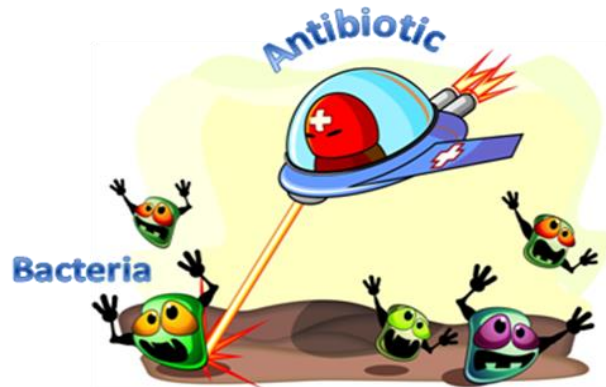


Taking antibiotics to get well

What is an antibiotic?

- An antibiotic is a medication, given to you by your doctor that kills the growth of bacteria that are making you sick.



What are bacteria?

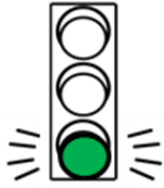
- Bacteria are tiny germs that live in and around your body. You would need a powerful microscope to see them.
- You may think all germs and bacteria are harmful, but sometimes they are helpful.

Good bacteria can be helpful	Bad bacteria can be harmful
<ul style="list-style-type: none"> • Good bacteria live inside your body, but don't make you sick. • Good bacteria can protect you from new or different bacteria that could be harmful. 	<ul style="list-style-type: none"> • Bad bacteria can get into your blood and make you sick. • Washing your hands before eating helps keep bad bacteria out of your mouth.

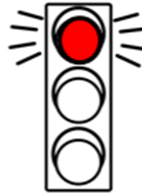
How can antibiotics help me get well?

- Your body has ways to fight bad bacteria, but sometimes it needs extra help.
 - Antibiotics help by killing the bacteria that have made you sick.
 - As your body heals with the help of antibiotics, you will start to feel better.
 - Take all of the antibiotics to be sure that all of the bad bacteria are killed.
-

How do I take antibiotics?



- ✓ Antibiotics work best when they are taken at or around the same time every day.
- ✓ Take all the antibiotics ordered by the doctor to be sure all the bad bacteria is killed.



- ✗ Do not stop taking your antibiotics until they are finished, even if you feel well after a few days.
- ✗ Stopping too soon can leave some of the bad bacteria behind to regrow and make you sick again.

Your antibiotic is:	When to take it	How to take it

When should I get help? Any medication can cause a reaction in your body.

Call your doctor or nurse if you notice one or more of:	Go to the nearest hospital emergency department or call 911 if you have:
<ul style="list-style-type: none"> • Hives, red itchy bumps on your skin • Nausea or vomiting • Diarrhea 	<ul style="list-style-type: none"> • Difficulty breathing • Wheezing or tightness in your chest

Important phone numbers:	
Infectious Disease Clinic (to make or change an appointment)	905-521-2100, ext. 73874
Infectious Disease Clinic Nurse	905-521-2100, ext. 73098
Hamilton Niagara Haldimand Brant Local Health Integration Network, HNHB LHIN (formerly CCAC)	1-800-810-0000