

# WHY ANTIBIOTICS DON'T WORK *for* COLD & FLU

Antibiotics fight bacterial infections, so they are not as helpful in treating the common cold and the flu, which are caused by viral infections. In fact, taking an antibiotic when you have a virus may do more harm than good. That's because antibiotics may also kill some healthy bacteria that's found in your gut, which allow some harmful bacteria to grow there instead. If you have any questions, talk to your healthcare professional.

Taking an antibiotic for a cold or the flu **will not:**

- Cure your infection
- Make you less contagious
- Help you feel better

Instead, cold and flu treatment should focus on **resting, drinking more fluid, and easing symptoms** with over-the-counter (OTC) cough and cold medicines, such as:

- **Nasal decongestants** to clear a stuffy nose
- **Cough suppressants**, or antitussives, to calm a cough
- **Expectorants** to break up mucus so it's easier to cough up
- **Pain relievers**, like **TYLENOL® Extra Strength** Caplets, to lower fevers and relieve headaches, aches, and pains
- **Products** with multiple ingredients like **TYLENOL® Cold + Flu Severe** Day/Night, to help relieve multiple symptoms



Use products only as directed.



## COLD FIGHTING TIP

Taking an antibiotic when you have a cold or the flu may increase your risk of getting an antibiotic-resistant infection in the future.