

IOWA STATE UNIVERSITY
Thielen Student Health Center

ANTIBIOTIC RESISTANCE

2647 UNION DRIVE

Corner of Sheldon & Union
Across from State Gym

CLINIC HOURS

MONDAY 8 am - 6 pm
TUESDAY 8 am - 5 pm
WEDNESDAY 9 am - 5 pm
THURSDAY 8 am - 5 pm
FRIDAY 8 am - 5 pm
SATURDAY 9 am - noon

PLEASE CALL TO MAKE AN APPOINTMENT

To schedule an appointment call (515) 294-5801. When you call for an appointment, please be specific about your needs so that we can schedule you with the appropriate healthcare provider and an appropriate amount of time.

515-294-5801
**FREE MEDICAL
ADVICE 24/7**

Accredited by



ACCREDITATION ASSOCIATION
for AMBULATORY HEALTH CARE, INC.



WE UNDERSTAND. When you aren't feeling great you want to feel better fast. Unfortunately, antibiotics aren't always the answer.

ANTIBIOTICS AREN'T ALWAYS THE ANSWER

Most infections are caused by two kinds of germs: bacteria or viruses. Antibiotics can cure bacterial infections but **not** viral infections. Some illnesses, like ear infections, can be caused by either bacteria or viruses.

ANTIBIOTICS CAN WORK on bacterial infections like strep throat and pneumonia, bacterial sinus infections and bacterial ear infections.

ANTIBIOTICS WON'T WORK on viral infections like the common cold, sore throats, bronchitis, mono, viral sinus infections and viral ear infections.

Using antibiotics for a virus:

- Will NOT cure the infection
- Will NOT help you feel better faster
- Will NOT keep others from catching your illness

PROTECT YOURSELF WITH THE BEST CARE

If antibiotics are prescribed to treat your bacterial infection be sure to take all of the prescribed medicine. If you don't use all the prescribed antibiotics some bacteria could survive which causes antibiotic resistance and would make it difficult to treat in the future.

HANDLE ANTIBIOTICS WITH CARE

- Only use antibiotics when prescribed by your healthcare provider
- Always take all of the prescribed medicine even if you start feeling better
- Never use leftover antibiotics or share with others

Hey Mom and Dad!

Please remember that antibiotics are not always the answer.

We understand it's difficult when your student is sick, but viral infections are not improved by antibiotics. A surprising number of illnesses are best treated with rest, fluids and time.

Trust us, we want your student healthy too!

Common Condition: What's got you sick?	Common Cause			Are antibiotics needed?
	Bacteria	Bacteria or Virus	Virus	
Strep throat	✓			Yes
Whooping cough	✓			Yes
Urinary tract infection	✓			Yes
Sinus infection		✓		Maybe
Middle ear infection		✓		Maybe
Bronchitis/chest cold (in otherwise healthy children and adults)*		✓		No
Common cold/runny nose			✓	No
Sore throat (except strep)			✓	No
Flu			✓	No

* In some cases, acute bronchitis is caused by bacteria, but even in these cases antibiotics still do not help.



COMMONLY ASKED QUESTIONS

How do I know if I have bacterial or viral infection?

Ask your healthcare provider and follow their advice on what do to about your illness.

Won't an antibiotic help me feel better quicker so I can get back to class when I get a cold?

No, antibiotics won't help viral infections. They will **not** help you feel better sooner. Ask your healthcare provider to recommend other options to treat your symptoms.

If mucus from my nose changes from clear to yellow or green, does that mean I need an antibiotic?

No. Yellow or green mucus does not mean that you have a bacterial infection. It is normal for mucus to get thick and change color during a viral cold.

I've been to the doctor 2-3 times for the same symptoms without receiving antibiotics, why are you prescribing them for me now?

Occasionally a viral infection affects a person's immune system making them more susceptible to acquiring a secondary infection. When symptoms are gradually improving but then suddenly worsen again or change in character, this may be the case. A re-evaluation and sometimes additional lab work should be completed to reassess each individual situation and determine the best course of care at that point.

