



You or your child have been diagnosed with _____.

I have not prescribed an antibiotic because this infection is caused by a virus.

Antibiotics work against bacteria but not against viruses. Many common illnesses, such as the common cold or flu, are caused by viruses. Antibiotics do not cure infections caused by viruses.

Taking antibiotics when not needed can be harmful and can lead to antibiotic resistance. Antibiotic resistance makes future infections caused by bacteria harder to treat. Antibiotics can also hurt the healthy bacteria in the gut.

Plenty of sleep and fluids will help you or your child fight the virus and feel better. If checked, also use:

- Acetaminophen (Tylenol)
- Ibuprofen (Advil, Motrin)
- _____

Keeping hands clean helps reduce the spread of bacteria and viruses. Important times to clean hands are before eating food, after using the bathroom, after coughing or sneezing, and when coming home.

If you / your child are getting sicker, have new symptoms, or you have other concerns, seek further advice by:

- Contacting our office OR _____
- Calling the 811 number to speak with a Nurse
- Attending a walk-in-clinic. Check www.healthpei.ca/walkinclinics for locations and hours of operation.
- Going to the nearest Emergency room. To see the ER wait times for PCH, QEH, Kings County Memorial Hospital and Western Hospital go to www.gov.pe.ca/erWaitTimes (Case sensitive).