



HEALTH INDEX SCORE

HEALTH ENHANCEMENT RESPONSE

Learning how to live healthy®

Antibiotics are important for the treatment of illnesses from bacterial infections. Once your doctor has identified the cause of your illness and prescribed an antibiotic, it is important to follow the directions. Misuse of antibiotics can lead to prolonged and more complicated illness, the need for stronger drugs and even death due to an uncontrollable infection. Effective use of antibiotics can kill the bacteria and reduce your sick time. Common causes of misuse are attempting to save a dose for the next illness, believing the infection has cleared before completing the full course, or skipping doses.

ANTIBIOTICS

TAKING ANTIBIOTICS:

Healthy is taking as prescribed and finishing the prescription.

Health Risk is skipping doses, but finishing the prescription.

Unhealthy is skipping doses, ending treatment early, or trying to save some medication for future illness.

- HEALTHY** – Look on the back side of this card for additional details.
- HEALTH RISK** – This puts you at risk for prolonged infection. See the back of this card for tips to improve.
- UNHEALTHY** – You are at significant risk of prolonged infection and complications. See the back of this card for additional details.

CRCH
CENTER FOR RURAL &
COMMUNITY HEALTH

CRCH@oste.wvsom.edu
<https://crch.wvsom.edu>

What to do for ...

HEALTHY ANTIBIOTIC USE: Continue to take your antibiotics at regular times and as prescribed.

HEALTH RISK ANTIBIOTIC USE: The antibiotics are most effective when taken regularly. Set an alarm or leave notes to remember to take them on time. Be sure to complete all medication.

UNHEALTHY ANTIBIOTIC USE: Saving doses or not finishing a treatment (even if you are feeling better) may not kill all of the bacteria, causing you to become sick again. These bacteria that are left behind may become resistant to the drug and complicate your care. If you are having side effects from your drugs that are preventing you from taking them contact your health care provider.

Get more information

ABOUT ANTIBIOTICS AND HOW TO TAKE THEM PROPERLY BY...

- Showing this card to your doctor or other health care professional.
- Contacting the WVSOM Center for Rural and Community Health online at <https://crch.wvsom.edu>, by calling 800-566-1258, or by email CRCH@osteو.wvsom.edu
- Talking with a Community Health Education Resource Person (CHERP), also known as a community health worker, or a health care provider in your community. To find a community health worker near you, contact the WVSOM Center for Rural and Community Health as directed above.

Tracking

Identification _____

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