

**Get Smart.** Take a look at this chart to find out which upper respiratory

infections are usually caused by viruses — germs that are not killed by antibiotics. Talk with your doctor about ways to feel better when you are sick. Ask what you should look for at home that might mean you are developing another infection for which antibiotics might be appropriate.

Iliness	<b>Usual Cause</b> Virus Bacteria		Antibiotic Needed
Cold			No
Flu	<b>V</b>		No
Chest Cold (in otherwise healthy children and adults)			No
Sore Throats (except strep)			No
Bronchitis (in otherwise healthy children and adults)			No
Runny Nose (with green or yellow mucus)			No
Fluid in the Middle Ear (otitis media with effusion)			No

