

Healthy Habits to Block Harmful Bacteria

- Wash your hands often with soap and water, or use an alcohol-based hand sanitizer.
- If you're sick, make sure your doctor has a clear understanding of your symptoms. Discuss whether an antibiotic or a different type of treatment is appropriate for your illness.
- If antibiotics are needed, take the full course exactly as directed. Don't save the medicine for a future illness, and don't share with others.
- Maintain a healthy lifestyle—including proper diet, exercise, and good hygiene—to help prevent illness, thereby helping to prevent the overuse or misuse of medications.