



BRONCHITIS

Let's talk...

FACT



- Most cases of bronchitis or bronchiolitis are caused by viruses.
- Antibiotics do not work against viruses.
- Green or yellow phlegm forms with inflammation. It can be found in both bacterial and viral infections.

ANTIBIOTICS ARE NOT NEEDED IN MOST CASES*

NO ANTIBIOTICS

VS

ANTIBIOTICS



7 of 10 people feel better within a week, **WHETHER OR NOT** they use antibiotics.

OTHER THINGS YOU CAN DO



Take honey**



Wash hands



Take fever or pain relief



Drink water



Get rest



Ask about other options

ANTIBIOTICS CAN CAUSE HARM



Nausea



Vomiting



Headache



Diarrhea

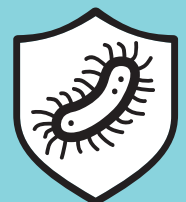
2 OUT OF 10 people who take antibiotics will experience side effects

WHEN TO SEEK FURTHER HELP

- Cough not improving or lasting longer than 3 weeks
- New or worsening symptoms
- New or persistent fever

ANTIBIOTIC RESISTANCE

Frequent antibiotic use reduces the chance that antibiotics will work when you need them most.



References

Smith SM, Fahey T, Smucny J, Becker L. Antibiotics for acute bronchitis. Cochrane Database Syst Rev. 2017;(6):CD000245.
Worrall G. Acute bronchitis. Can Fam Physician. 2008;54(2):238-9. Available from: <http://www.cfp.ca/content/54/2/238.long>

***WHEN ANTIBIOTICS MAY BE NEEDED:** Patients with pneumonia, immunosuppression, lung or heart disease, or other complicating conditions.
****Honey should not be used in infants under 12 months old or in people with diabetes**