

Children's Health Minute
"Antibiotic Resistance"

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Spot # HHSC-M104

Dr. Hellerstedt: Antibiotics have saved lives for decades. But now they're at the center of one of the world's most pressing health problems.

Hi, I'm Dr. John Hellerstedt with the Children's Health Minute -- connecting families with Children's Medicaid and CHIP.

Colds, flu, and most bronchitis are caused by viruses. Antibiotics do not help fight viruses. In fact, taking antibiotics when they are not needed can increase your risk of getting a serious infection that is resistant to treatment with antibiotics.

What can you do? Never take antibiotics for viral infections like the common cold. They just don't work.

When your doctor prescribes an antibiotic for you, make sure you take it exactly as prescribed. Always finish taking your prescription even if you are feeling better, and never save left over antibiotics for the next time you think you need them.

Announcer: Call toll-free 1-877-KIDS NOW to apply or when it's time to renew your children's health insurance. Six months of coverage for all your children costs just 50 dollars or less, but most families pay little or nothing. That's 1-877-KIDS NOW