



STATE OF ALABAMA DEPARTMENT OF  
**PUBLIC HEALTH**

**Antibiotic Awareness (60 Second)**

This is Acting State Health Officer Doctor Scott Harris. Did you know that the C-D-C estimates that 30 percent of all antibiotics prescribed in outpatient clinics are not necessary?

You can help prevent taking unnecessary antibiotics simply by asking questions. Ask your doctor what the antibiotic is treating and if there are ways to relieve symptoms of your illness without the antibiotic.

Also, use good hygiene practices like washing your hands, covering your cough, and staying home from school or work when you are sick. And even though they are used to treat some infections, antibiotics can also cause other infections.

Plus, if you take them too often your body could become resistant, causing the antibiotic not to work. While antibiotics can help cure so many infections, it's important to ask your doctor questions and learn more about how they can affect you. Visit our website at Alabama public health dot G-O-V for more information.

**For more information, contact: Ashley Tiedt  
Ashley.Tiedt@adph.state.al.us / 334-206-2080**