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.

*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.

References
Available from: http://www.cfp.ca/content/54/2/238.long

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For more information, visit publichealthontario.ca/asp