

Do you think you need antibiotics? Let's talk...

Are you concerned about bronchitis, sore throat, sinus infection or an ear infection? Taking antibiotics for these conditions usually **do not help you get better faster**, and may cause you harm. Know what to expect if you do or don't take antibiotics.

5 QUESTIONS TO DISCUSS WITH YOUR DOCTOR OR HEALTH CARE PROVIDER

QUESTION 1

What are you most worried about?

Identify the symptom that is most concerning or bothersome.

Your doctor or health care provider can help determine if you likely have an infection caused by a bacteria or a virus.

QUESTION 2

What are you expecting from today's visit?

Tell your doctor or health care provider if there is something you expect from coming to clinic today, or what would give you reassurance.

QUESTION 3

What are your treatment options?

Be sure to discuss what will happen if you **wait and watch**. Antibiotics are quite often not needed. Ask about when antibiotics may be needed.

Find out about things you can do at home to help you feel better.

QUESTION 4

What are the benefits and harms of antibiotics?

Know the facts!

Use PHO infographics to review the evidence:

[Bronchitis](#)

[Sore throat](#)

[Sinus infection](#)

[Ear infection](#)

QUESTION 5

What do you think about the options?

Think about how the benefits and harms of antibiotics affect **what matters to you most**.

Ask questions until you feel comfortable with the plan.