



Health and Wellness Tip of the Week - Week 44

November 3, 2014

Monthly Topic:

Get Smart about Antibiotics Week falls in November, so what better time to remind employees about how to safely take medications.



Take medications as directed.

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Finish What You Start

Germs that make you sick, like bacteria, can be pretty sneaky. If you don't finish all of the antibiotics your doctor prescribes, the germs may come back. That means you might get sick again.

You may also be tempted to ask your doctor for antibiotics when you're feeling run down. But you don't need antibiotics every time you're sick. These drugs don't work for treating viral infections like colds or the flu. Specific drugs are needed to treat specific infections, so don't share antibiotics with anyone else.

Source: Mayo Foundation for Medical Education and Research