



Fun Facts

Millions of microbes can fit into the eye of a needle.



Microbes help make our earth livable because of the work they do for our air, soil, and water.

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How should I take my antibiotic?

1. Follow the doctor and pharmacist instructions for dosing.
2. Finish the prescription—even if you start to feel better.
3. Don't save any medication for later.
4. Don't share medication with others.
5. Consider adding a probiotic with the antibiotic to help your **good** bacteria!



MIND YOUR MICROBIOME

GET SMART ABOUT
Antibiotics





About Your Microbiome

Your microbiome is all of the microbes, including bacteria, that live **in** and **on** your body. Most of your microbes are found in your digestive system and help you stay healthy.

Your body has to have a diverse balance of microbes for you to survive! We are all **colonized** by bacteria, which is different from being **infected** by bacteria.

Antibiotics & Your Microbiome

Taking antibiotics to fight a bacterial infection can have a lasting impact on your microbiome, and possibly your health.

Antibiotics kill bacteria—both the **bad** kind that make you sick and the **good** kind that help your body. If you have a virus, antibiotics will not help you to get well.

Overuse of antibiotics has helped lead to bacterial superbugs that are harder to treat. That's why it's important to get smart about antibiotics!

Current Microbiome Research

Scientists all over the world are studying **links** between the microbiome and our immune systems, moods, allergies, diseases, digestion, organ function, and more.

Innovative **research** is being done right here in Western New York to unlock the mysteries of the microbiome.



Fun Fact

Your microbes make up about 5 pounds of your body weight!