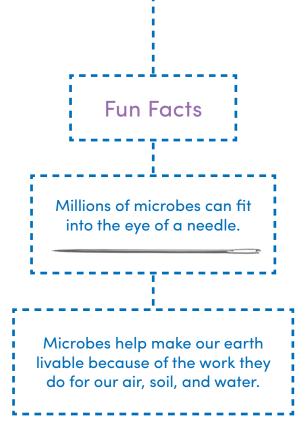


How should I take my antibiotic?

- 1. Take your antibiotic exactly as prescribed. If you are feeling better and want to stop taking the antibiotic, ask your doctor or nurse if it's safe to do so.
- 2. Don't save antibiotics for later, and don't share antibiotics with others.
- 3. Properly dispose of all unused antibiotics—visit FDA.gov to learn more.
- 4. Consider adding a probiotic (good bacteria), such as yogurt, with antibiotics!



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MIND YOUR MICROBIOME

& BE ANTIBIOTICS







About Your Microbiome

Your microbiome is all of the microbes (including good and bad bacteria) that live in and on your body. Most of your good bacteria 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 an 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 be antibiotics aware.

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. Learn more at buffalo.edu/gem.

Fun Fact

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