



### 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](http://FDA.gov) to learn more.
4. Consider adding a probiotic (good bacteria), such as yogurt, with antibiotics!

### 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.

### Want to Learn More?

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Genome, Environment  
and Microbiome  
Community of Excellence



# MIND YOUR MICROBIOME

& BE ANTIBIOTICS

*Aware*





## 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](http://buffalo.edu/gem).



### Fun Fact

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