

## Infinity Health Commitment Letter for “Get Smart About Antibiotics”

Dr. Hanson and Infinity Health want to treat you in the safest way for your cold symptoms. We want you to feel better and get back to her normal activity level.

We are partnering with the Centers for Disease Control and Prevention (CDC) on the “Get Smart About Antibiotics” campaign. This campaign helps decrease the use of antibiotics when they are not necessary. Using antibiotics were they are not needed causes some bacteria to become resistant to antibiotics in the future--they become stronger and harder to kill. They can stay in your body and can cause severe illness that cannot be cured with antibiotics. A cure for resistant bacteria may require stronger treatment--and possibly a stay in the hospital.

About 25% of people who take antibiotics for any condition have side effects, including nausea, vomiting, diarrhea, dizziness, or skin eruptions and itching.

To avoid the spread of antibiotic-resistant infections, the CDC recommends that you avoid taking unnecessary antibiotics. Most upper respiratory tract illnesses or caused by two kinds of germs: bacteria or viruses. Antibiotics can cure or improve bacterial infection such as strep throat and pneumonia. Viruses cause the common cold, most coughs, and the flu. Often-times, sinus infections are caused by viruses.

Using antibiotics for a virus:

- Will *not* cure the infection
- Will *not* make it go away faster
- Will *not* prevent a bacterial infection
- Will *not* help you feel better
- Will *not* keep others from catching your illness

We pledged to prescribe antibiotics only when truly necessary for respiratory illnesses.

We are grateful for the opportunity to care for you and your family.

Karl N. Hanson, MD  
Infinity Health