

Understanding Antibiotic Resistance

Now a Health Minute. Antibiotics help keep you healthy by preventing and treating infections caused by bacteria.

But bacteria can change over time. When this happens, bacteria no longer respond to the drugs designed to destroy them. This can make infections in the future harder to treat, leaving some people without protection. This is called Antibiotic Resistance.

Antibiotic Resistance happens when antibiotics are taken too often and not correctly. Antibiotics only treat bacterial infections, not viruses such as colds, flu, or runny noses.

That's why it's important to only take your prescription as directed by your healthcare provider. For more information on antibiotic resistance, go to [cdc.gov/antibiotic-use/antibiotic-resistance](https://www.cdc.gov/antibiotic-use/antibiotic-resistance).