

Mayo Clinic Minute

Cold, flu, superbug

Video	Audio
Vivien Williams voice over	Nagging cough, dry throat, headache and a fever. It's cold and flu season across the country.
	Over-the-counter remedies may help reduce some symptoms but not all, leading many people to seek medical attention – specifically requesting antibiotics to feel better. But antibiotics won't help viral infections, such as colds, flu and most sore throats, says Mayo Clinic infectious diseases specialist Dr. Pritish Tosh.
	Dr. Tosh says overuse and misuse of antibiotics have led to an increase of multidrug-resistant organisms, or superbugs – that's making it difficult to treat many bacterial infections.
Dr. Pritish Tosh, M.D. Infectious Diseases Mayo Clinic	"These multidrug-resistant organisms are proliferating because of antibiotic overuse and misuse."
Vivien Williams	Dr. Tosh says getting your flu shot is your best bet to avoid the flu. And, if you are sick with common cold and flu symptoms, get plenty of sleep, and stay hydrated. For the Mayo Clinic News Network, I'm Vivien Williams.