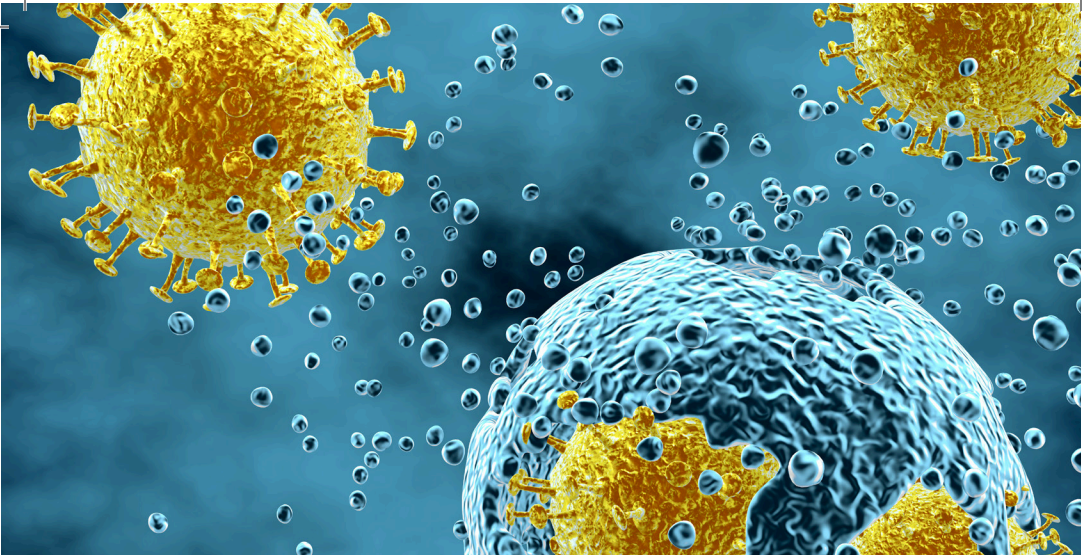




PREVENTING ANTIBIOTIC RESISTANCE



DOING WHAT'S BEST.®



ABOUT ANTIBIOTIC RESISTANCE

Antibiotic resistance occurs when bacteria change in a way that stops antibiotics from working. Antibiotic resistance is one of the world's most dangerous public health threats, as there are some bacteria that are now resistant to all available antibiotics ("superbugs"). In the United States, antibiotic resistance causes 23,000+ deaths per year and more than 2 million illnesses.

HOW ANTIBIOTIC RESISTANCE HAPPENS

Overuse of antibiotics can kill "good" bacteria that protect against infection, making room for bad (antibiotic resistant) bacteria to grow and take over. These antibiotic resistant bacteria are stronger and harder to kill.

The body contains lots of bacteria. Some of them are resistant to antibiotics.

When a person takes antibiotics, they kill bacteria causing illness but also kill good bacteria that protect the body from infection.

The antibiotic resistant bacteria are now able to grow and take over.

Some bacteria can even spread their resistance to other bacteria, causing more problems.

*For more information, contact your healthcare provider or visit:
www.cdc.gov/getsmart/community/about/antibiotic-resistance-faqs.html*

WHAT YOU CAN DO

- Reduce the need for antibiotics by washing your hands often, especially after using the bathroom and before eating. Stay up to date on vaccines to protect yourself.
- Do not take or ask for antibiotics for colds, flu, or other viruses.
Antibiotics do not work on viruses.

ANTIBIOTIC NEEDED?		
ILLNESS/SYMPTOM	VIRUS	BACTERIA
Strep Throat		YES
Whooping Cough		YES
Common Cold/Runny Nose	NO	
Influenza	NO	
Sore Throat (non-strep)	NO	
Green Mucus	NO	

- If you have a viral illness, talk to your healthcare provider about how you can relieve your symptoms, such as:
 - Taking a hot shower to relieve nasal congestion
 - Using a humidifier to add moisture to the air and soothe sore throat
 - Using ibuprofen or acetaminophen to reduce fever
- You may have bacterial infection if:
 - Your symptoms continue longer than 5-7 days
 - You have a fever that gets higher rather than going down after a few days
- *If you are prescribed antibiotics for an infection, take them exactly how your healthcare provider tells you. Even if you feel better, do not skip doses or stop taking an antibiotic early without approval from your healthcare provider. Never save antibiotics for future illnesses or share them with others.*



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