


Antibiotics Are Not Always the Answer



BE ANTIBIOTICS AWARE


SMART USE, BEST CARE

What is the right way to take antibiotics?



If you need antibiotics, take them exactly as prescribed

- helps keep us healthy now
- helps fight antibiotic resistance
- ensures that these life-saving drugs will be available for future generations

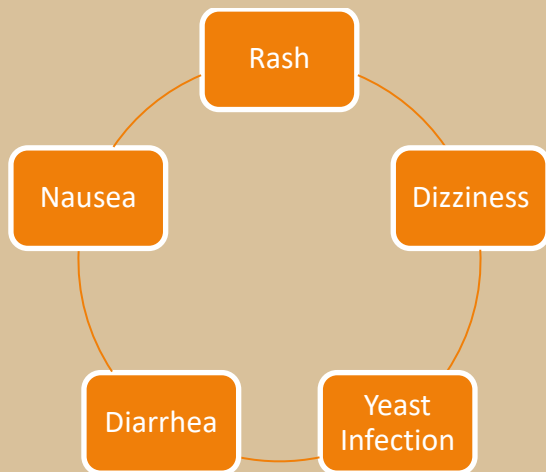


Never save your antibiotics for later use or share them with family or friends

- Talk with your healthcare professional if you have any questions about your antibiotics

What are the side effects?

Common side effects range from minor to very severe health problems and can include:



Get immediate medical help if you experience:

Severe diarrhea

- could be a symptom of a C. diff infection, which can lead to severe colon damage and death



Severe and life-threatening allergic reactions

- such as wheezing, hives, shortness of breath, and anaphylaxis

Why does taking antibiotics lead to antibiotic resistance?

Any time you take antibiotics → they can cause side effects and contribute to the development of antibiotic resistance.

Antibiotic resistance

Is one of the most urgent threats to the public's health



Always remember:

- ✚ Antibiotic resistance does not mean the body is becoming resistant to antibiotics
 - It means bacteria are developing the ability to defeat the antibiotics designed to kill them.
- ✚ When bacteria become resistant, antibiotics can not fight them, and the bacteria multiply.
- ✚ Some resistant bacteria can be harder to treat and can spread to other people.



Why is it important to Be Antibiotics Aware?

- ✓ Antibiotics are powerful, life-saving drugs.
 - When your healthcare professional prescribes antibiotics, take them as directed.
- ✓ Patients can experience side effects while taking antibiotics.
 - When antibiotics are needed, their benefits outweigh the risks of side effects and antibiotic resistance.
- ✓ When antibiotics aren't needed, they won't help you, and the side effects could still cause harm.
- ✓ Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency room.



What do antibiotics treat?



What don't antibiotics treat?

Antibiotics do not work on:

- × Viruses → such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow, or green.
- × Antibiotics also won't help some common bacterial infections → most cases of bronchitis, many sinus infections, and some ear infections



How can I stay healthy?

You can stay healthy and keep others healthy by:

1. Cleaning hands by washing with soap and water for 20 seconds or using a hand sanitizer that contains at least 60% alcohol
2. Covering your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow
3. Getting recommended vaccines, such as the flu vaccine



- ❖ Talk to your healthcare professional about steps you can take to help prevent illness.

