

Antibiotic Awareness



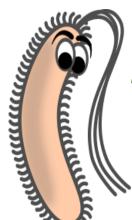
Presentation Objectives

- Antibiotic resistance
- When to use Antibiotics
- How Antibiotics work
- Common side effects
- Appropriate use
- Treatment of viral illnesses
- Proper hand washing techniques
- Summary



Antibiotic Resistance





Do you ever think about antibiotic resistance?

You should!



Do you think antibiotic resistance isn't a problem or that it doesn't affect you?

Think again!





What is Antibiotic Resistance?

- Antibiotic resistance is a global health problem
- Antibiotic resistance occurs when antibiotics no longer work against disease-causing bacteria
- When you misuse antibiotics, you help create resistant bacteria that can cause new and hard-to-treat infections





Is Antibiotic Resistance serious?

- Nearly all serious bacterial infections in the world are becoming resistant to commonly used antibiotics
- These infections are hard to treat and can mean
 - Longer lasting illnesses
 - More doctor visits or extended hospital stays
 - > The need for more expensive medications
- Some resistant infections can even cause death



http://www.cdc.gov/getsmart/

When to use an antibiotic



Only when prescribed by your doctor, and remember

- Antibiotics are effective against bacterial infections
- > Antibiotics don't work against viruses



http://www.cdc.gov/getsmart/



How Do Antibiotics Work?

- Although there are a number of different types of antibiotic they all work in one of two ways:
 - A bactericidal antibiotic kills the bacteria. Penicillin is a bactericidal. A bactericidal usually either interferes with the formation of the bacterium's cell wall or its cell contents.
 - >> A bacteriostatic stops bacteria from multiplying.



What are common Side Effects of Antibiotics?

- Diarrhea
- Nausea
- Allergic reactions: itching, rash or difficulty breathing
- Fungal infections of the mouth, digestive tract and reproductive tract

Appropriate Antibiotic Use



Antibiotics are appropriate when used to treat

BACTERIAL INFECTIONS
Urinary Tract infections
Many wound and skin infections
Strep Throat
<u>Some</u> ear infections
<u>Severe</u> sinus infections





VIRAL INFECTIONS
<u>Most</u> ear infections
<u>Most</u> Coughs
<u>Most</u> Sore Throats
Colds
"The Flu" (Influenza)
Bronchitis
Stomach "flu" (Viral Gastroenteritis)



How to Treat a Viral Infection

- Drink plenty of water or clear liquids.
- Vitamin C containing products may be helpful.
- Get plenty of rest.
- Staying at home! People who go to work or school in this condition not only risk spreading the virus to their coworkers but also run a higher risk of catching a bacterial infection.
- Taking a painkiller, such as acetaminophen (Tylenol) or ibuprophen (Morin or Advil) to bring your temperature down and reduce and aches or pains.
- Vaccines have been developed against most viral diseases.
 The vaccine gives the body some help in quickly and effectively fighting the virus.

What can you do?



- Do not demand antibiotics if your doctor says you have a virus
- Take antibiotics exactly as prescribed
 - » Do not skip doses
 - >> Do not stop treatment a few days early because you're feeling better
- Never take antibiotics without a prescription
 - >> "Leftovers" from your old prescription may not be the right antibiotic for the infection you have now
 - "Leftovers" from someone else's old prescription may not be the right antibiotic for <u>your infection</u>
- Prevent the spread of germs
 - >> Always wash your hands carefully with soap and water to prevent infection
 - >> This is the best answer to avoid getting or spreading an infection



Proper Hand Washing is Important!

- Wet your hands with clean, running water (warm or cold) and apply soap.
- Rub your hands together to make a lather and scrub them well; be sure to scrub backs of your hands, between your fingers and under your nails.
- Continue rubbing your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse your hands well under running water.
- Dry your hands using a clean towel or air dry them.



When you should Wash your Hands

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone who is sick
- Before and after treating a cut or wound
- After using the toilet
- After changing diapers or cleaning up a child who has used the toilet
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After handling pet food or pet treats
- After touching garbage



For more information:

Centers for Disease Control and Prevention (CDC)

Get Smart Program – Know When Antibiotics Work

http://www.cdc.gov/getsmart/



In Summary

- Antibiotics are helpful in the treatment of bacterial infections
- Antibiotics are not effective against viral infections
- Antibiotic resistance is a problem caused by inappropriate use
- To prevent infections utilize proper hand washing techniques
- For viral illnesses get rest, plenty of fluids and stay home until you are feeling better so you don't get others sick



Thank you for your Participation!!

Any Questions??

