

Why does taking antibiotics lead to antibiotic resistance?

Any time antibiotics are used, they can cause side effects and lead to antibiotic resistance. Antibiotic resistance is one of the most urgent threats to the public's health. Always remember:

1. Antibiotic resistance does not mean the body is becoming resistant to antibiotics; it is that bacteria have become resistant to the antibiotics designed to kill them.
2. When bacteria become resistant, antibiotics cannot fight them, and the bacteria multiply.
3. Some resistant bacteria can be harder to treat and can spread to other people.

Each year in the United States, at least 2 million people get infected with antibiotic-resistant bacteria. At least 23,000 people die as a result.



What is the right way to take antibiotics?

If you need antibiotics, take them exactly as prescribed.

Improving the way healthcare professionals prescribe antibiotics, and the way we take antibiotics, helps keep us healthy now, helps fight antibiotic resistance, and ensures that these life-saving drugs will be available for future generations.

Talk with your doctor if you have any questions about your antibiotics, or if you develop any side effects, especially diarrhea, since that could be *Clostridium difficile* infection (also called *C. difficile* or *C. diff*), which needs to be treated. *C. diff* can lead to severe colon damage and death.

What are the side effects?

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

- Rash
- Dizziness
- Nausea
- Diarrhea
- Yeast infections

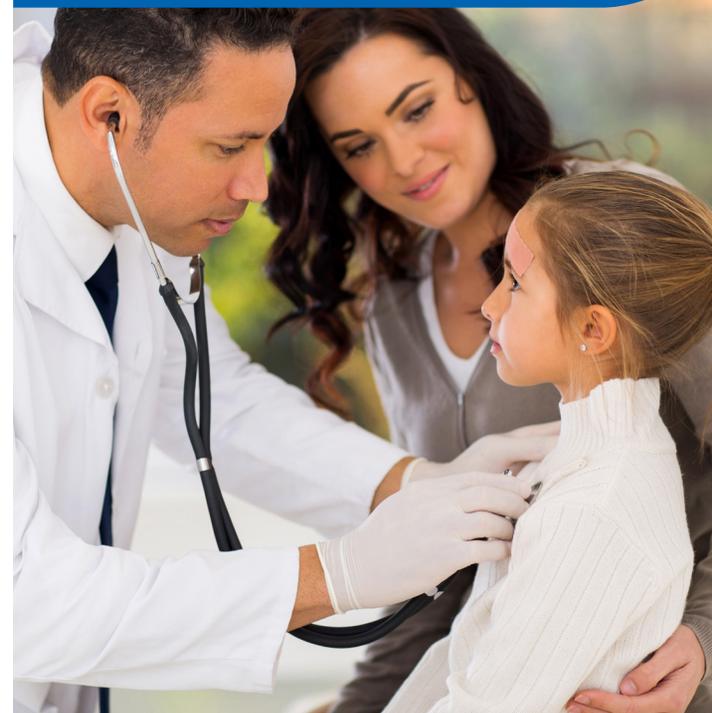
More serious side effects can include:

- *Clostridium difficile* infection
- Severe and life-threatening allergic reactions

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.



Antibiotics Aren't Always the Answer.



**BE
ANTIBIOTICS
AWARE**

SMART USE, BEST CARE



Why is it important to Be Antibiotics Aware?

Antibiotics save lives. When a patient needs antibiotics, the benefits outweigh the risks of side effects or antibiotic resistance.

When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. Reactions from antibiotics cause 1 out of 5 medication-related visits to the emergency department.

In children, reactions from antibiotics are the most common cause of medication-related emergency department visits.

What do antibiotics treat?

Antibiotics are only needed for treating certain infections caused by bacteria. Antibiotics are critical tools for treating common infections, such as pneumonia, and for life-threatening conditions including sepsis, the body's extreme response to an infection.

What don't antibiotics treat?

Antibiotics do not work on viruses, such as colds and flu, or runny noses, even if the mucus is thick, yellow or green. Antibiotics also won't help some common bacterial infections including 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:

- Cleaning hands
- Covering coughs
- Staying home when sick
- Getting recommended vaccines, for the flu, for example

Talk to your doctor or nurse about steps you can take to prevent infections.



A Commitment to Our Patients About Antibiotics

Antibiotics can kill bacteria, but...

- They do not kill viruses
- They do not work for colds, bronchitis, or the flu
- They can cause side effects like upset stomach, diarrhea, and allergic reactions
- Bacteria are becoming more resistant and antibiotics may not work when we need them

Our practice guarantees we will do our best to prescribe antibiotics only when you need them.

Sincerely,



To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use



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POSTER FORMATTING EXAMPLES

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Sincerely,



John Doe John Hamner Jane Doe Jane Austen



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XYZ HEALTH CENTER

John Doe John Hamner Jane Doe Jane Austen



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Symptom Relief for Viral Illnesses



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ANTIBIOTICS
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SMART USE, BEST CARE

1. DIAGNOSIS

- Cold or cough

- Middle ear fluid (Otitis Media with Effusion, OME)

- Flu

- Viral sore throat

- Bronchitis

- Other:

You have been diagnosed with an illness caused by a virus. Antibiotics do not work on viruses. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you. The treatments prescribed below will help you feel better while your body fights off the virus.

3. SPECIFIC MEDICINES

- Fever or aches:

- Ear pain:

- Sore throat and congestion:

Use medicines according to the package instructions or as directed by your healthcare professional. Stop the medication when the symptoms get better.

2. GENERAL INSTRUCTIONS

- Drink extra water and fluids.

- Use a cool mist vaporizer or saline nasal spray to relieve congestion.

- For sore throats in older children and adults, use ice chips, sore throat spray, or lozenges.

- Use honey to relieve cough. Do not give honey to an infant younger than 1.

4. FOLLOW UP

- If not improved in ____ days/hours, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.

- Phone:

- Other:

Signed: _____

To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use.





Name: _____

Date: ____ / ____ / ____



Diagnosis:

- Cold
- Cough
- Flu
- Middle ear fluid (Otitis Media with Effusion, OME)
- Viral sore throat
- Other: _____

You have been diagnosed with an illness caused by a virus. **Antibiotics do not cure viral infections.** If given when not needed, antibiotics can be harmful. The treatments prescribed below will help you feel better while your body’s own defenses are fighting the virus.

General instructions:

- Drink extra water and juice.
- Use a cool mist vaporizer or saline nasal spray to relieve congestion.
- For sore throats, use ice chips or sore throat spray; lozenges for older children and adults.

Specific medicines:

- Fever or aches:
- Ear pain:
- _____
- _____

Use medicines according to the package instructions or as directed by your healthcare provider. Stop the medication when the symptoms get better.

Follow up:

- If not improved in _____ days, if new symptoms occur, or if you have other concerns, please call or return to the office for a recheck.
- Other: _____



Signed: _____

For More Information call 1-800-CDC-INFO or visit www.cdc.gov/getsmart