



St. Louis

ARCH
Program

ANTIBIOTIC RESISTANCE CAN HARM

According to the Centers for Disease Control and Prevention (CDC), **2 million** people are infected with antibiotic resistant bacteria each year. **23,000** people will die from these infections.

BACKGROUND

What causes infections?

Bacteria and viruses commonly cause infections.

What is an antibiotic?

Antibiotics are medicines that kill bacteria. Antibiotics will NOT kill a virus.

What is antibiotic resistance?

Antibiotic resistance is when bacteria are not killed by antibiotics. These bacteria have defenses against antibiotics. Resistant bacteria continue to grow and are hard to treat.

What causes antibiotic resistance?

Antibiotic resistance is caused by using antibiotics to treat viruses or not taking an antibiotic as directed by your doctor.

What can I do to protect myself?

Flip this sheet over to find out!



For more resources visit <http://www.cdc.gov/drugresistance/>

When do I need antibiotics?

Illness	Virus	Bacteria	Antibiotic
Flu (influenza)	✓		No
Cold/runny nose	✓		No
Cough/bronchitis	✓		No
Sore throat	✓		No
Whooping cough		✓	Yes
Strep throat		✓	Yes
Urinary tract infection (UTI)		✓	Yes
Ear infection*	✓	✓	Maybe

*Antibiotics may be prescribed based on patient age/symptom severity.

TREATMENT TIPS

How can I prevent antibiotic resistance?

- Do not ask for antibiotics if you have a virus.
- Prevent illness by washing your hands.
- Get recommended vaccines.

How should I use antibiotics?

- Take antibiotics exactly as instructed.
- Even if you start feeling better, take all of your antibiotics. This kills all the bacteria.
- Discard any leftover antibiotics. Do not save for your next illness.
- Never share your antibiotics with others. Taking the wrong medicine can be harmful.

How can I feel better without antibiotics?

Ask your pharmacist or doctor for the best over-the-counter (OTC) medicines to use.

- Pain relievers (sore throats, ear aches)
- Fever reducers
- Cough medicines
- Decongestants (stuffy nose, sinus pressure)
- Antihistamine (runny nose, sneezing)