



Antibiotic Awareness

U.S Antibiotic Awareness Week is in the month of November. This is an annual observance that highlights the steps everyone can take to improve antibiotic prescribing and use. It aims to increase global awareness of antibiotic resistance and to encourage best practices among everyone to avoid further emergence and spread of antibiotic resistance. Since the cold season is here it is important not to over use antibiotics.

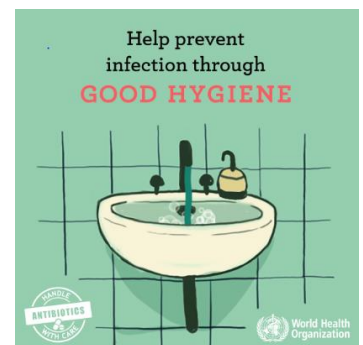
Each year in the US, at least 2 million people get infected with antibiotic-resistant bacteria. At least 23,000 people die as a result.

What is antibiotic resistance?

Antibiotic resistance is when bacteria develop the ability to defeat the drugs designed to kill them. Once the bacteria become resistant, they become more difficult to kill and expensive to treat. In some cases, illnesses that were once easily treatable with antibiotics become untreatable and can lead to serious disability or even death.

How can I help to prevent resistance?

- Ask your doctor or pharmacist steps you can take to feel better and get symptomatic relief without using antibiotics
- Take prescribed antibiotic exactly as directed and finish the whole treatment
- Ask your doctor or pharmacist about vaccines for you and your family
- Never save antibiotics for the next time you get sick
- Never take antibiotics prescribed for someone else
- Never take antibiotics for a viral infection like a cold or flu



Do I need antibiotics?

Common Condition	Common Cause	Do I need antibiotics?
Flu	Virus	No
Common cold/runny nose	Virus	No
Sore throat (except strep)	Virus	No
Urinary tract infection	Bacteria	YES
Whooping cough	Bacteria	YES
Sinus infection	Bacteria or Virus	Maybe
Middle ear infection	Bacteria or Virus	Maybe

When should I seek help for a child?

- Common cold with cough and green mucus that lasts longer than 10 days
- If your child has thick yellow or green mucus and a fever higher than 102F (39C) for at least 3 or 4 days
If your child is younger than 3 months of age and has a fever
- Sore throat that lasts longer than 1 week; hoarseness lasting longer than 2 weeks
- If your child has warning signs of flu sickness: fast/trouble breathing, bluish skin color, not waking up or not interacting, abnormally irritable, fever with a rash, flu-like symptoms that improve but then return and get worst

How can I stay healthy?



Clean Hands



Cover Coughs



Stay Home When Sick



Get Recommended Vaccines

THINK TWICE, SEEK ADVICE

Antibiotic prescribing and use in doctor's offices. CDC. <https://www.cdc.gov/antibiotic-use/community/for-patients/common-illnesses/sore-throat.html>. Updated July 23, 2015.

Viruses or bacteria what's got you sick? CDC. https://www.cdc.gov/antibiotic-use/community/pdfs/aaw/AU_viruses-or-bacteria-Chart_508.pdf
World Antibiotic Awareness Week. World Health Organization. <http://www.who.int/who-campaigns/world-antibiotic-awareness-week>

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