

How can I stop the spread of germs?

- Take medicine as directed by your healthcare provider
- Wash hands to stop spread of germs

1. **Wet hands with water**, apply soap, rub hands together for at least 15-20 seconds
2. Rinse and dry with a disposable towel or air dry them
3. Use a disposable towel to turn off the faucet



- Use alcohol-based hand sanitizer when soap and water isn't available or when your hands don't look dirty
1. Read label for the right amount
 2. Put on the palm of one hand
 3. Rub your palms, top of your hands, and in between your fingers together until your hands are dry



Help prevent antibiotic resistance by...

- ✓ Taking pills as directed by your healthcare provider
- ✓ Finishing all pills as directed, even if you feel better
- ✓ Disposing of expired pills properly
- ✓ Stop sharing antibiotics
- ✓ Listen to your doctor, do not self medicate

If you have any questions talk to your healthcare provider!

Resources and Contributors



www.preventHAaz.gov

www.cdc.gov/getsmart/

Do your Bugs need Drugs?



**Presented By:
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Antibiotic



Resistance

- Antibiotics have been around for many years and have played an important role in fighting bacterial infections.
- When antibiotics are prescribed and taken correctly, they can help make you better.
- Bacteria can change causing antibiotics to not work. Take antibiotics only when needed.
- Antibiotic resistance can lead to longer illnesses, more time in the hospital or emergency room, and higher cost for everyone.



Keep antibiotics working!

Antibiotics Fast Facts

- Antibiotics aren't always the answer
- They are powerful medicines that can help you, but they don't cure everything
- Antibiotics should not be used to treat viruses like colds or the flu
- Hand hygiene is one of the best ways to reduce infections
- If you have a viral illness taking antibiotics may increase your risk of developing an antibiotic-resistant infection
- A change in the color of your mucous doesn't mean you need antibiotics



Commonly Asked Questions

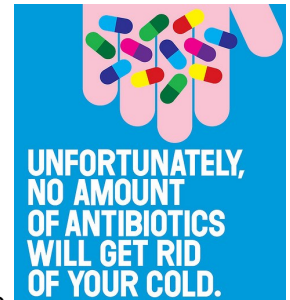
How do I know if I have a viral or bacterial infection?



Ask your healthcare provider and follow their advice on what to do about your illness.

Will antibiotics help me feel better quicker when I get a cold or the flu?

No, antibiotics will not help you feel better sooner because they only work against bacterial infections. Cold and flu sickness comes from a virus. Ask your healthcare provider about available options to treat your symptoms.



Can I stop taking my antibiotics if I feel better?

No, take your antibiotics exactly as the doctor tells you even if you are feeling better. If you do not feel better you should notify your doctor.