

Things to do When Prescribed an Antibiotic:

- Take exactly as instructed.
- Do not skip doses.
- Do not share your prescription with others.
- Do not take antibiotics prescribed for someone else.
- Finish the antibiotic even if you feel better.
- Do not save any of your prescription.

By **not** taking your antibiotic correctly, you can make your infection stronger and more difficult to treat.

 Take a quiz to test your knowledge about antibiotic resistance at

www.cdc.gov/getsmart/resources/quiz.html

For more information, visit the Centers for Disease Control and Prevention (CDC) website at

www.cdc.gov/getsmart

or

www.cdc.gov/getsmart/healthcare

Know the Facts:

- Misuse of antibiotics can cause some drugs to become ineffective. People with common infections that at one time were easily treated with antibiotics may suffer from prolonged infections.
- Stopping misuse of antibiotics is the best prevention of antibiotic resistance.
- Children have the highest use of antibiotics. Their treatment is of particular importance in the fight against antibiotic resistance.
- Some viral infections can last up to two weeks. Antibiotics are not effective against viral infections.
- With viral infections, once your fever has subsided you can return to work, school, day care, etc.
- Always remember to practice good hand hygiene.

Keep your health-care provider informed if your symptoms get worse or last longer than expected.



For more information, visit the North Dakota Department of Health website at:
www.ndhealth.gov/disease/hai/

What you should know about

ANTIBIOTIC RESISTANCE



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What is Antibiotic Resistance?

Antibiotic resistance is one of the world's biggest public health problems. Antibiotic resistance is the ability of bacteria to resist the effects of an antibiotic.

Antibiotics are used to treat bacterial infections. Every time you take an antibiotic, resistant germs may be left to grow and multiply. Most bacteria have become stronger and less responsive to antibiotics and can quickly spread. These antibiotic-resistant infections are often more difficult to cure, more expensive to treat and usually require more doctor visits or extended hospital stays. Some resistant infections can even cause death.

How Can I Prevent Antibiotic-Resistant Infections?

Do not take an antibiotic for a viral infection such as:

- A cold.
- The flu.
- Most coughs and bronchitis.
- Sore throats (except strep throat).
- Some ear infections.



Using Antibiotics for a Virus

- Antibiotics will not kill the virus.
- Antibiotics will not help you get better faster.
- Antibiotics will not stop you from spreading your infection.
- Viruses are often contagious prior to symptoms appearing.

How do I Treat my Symptoms?

For most common viral illnesses:

- Get plenty of rest.
- Drink plenty of fluids.
- Use a clean humidifier or cool mist vaporizer.
- Avoid smoking, second-hand smoke, airborne chemicals or irritants.

Here are some other things you can do to help with symptoms of:

Sore Throat

- Use ice chips.
- Sooth discomfort with sore throat spray or lozenges (do not give lozenges to young children).
- Use a clean humidifier or cool mist vaporizer.

Ear Pain

- Put a warm moist cloth over the ear that hurts.

Runny Nose

- Use a decongestant or saline nasal spray to help relieve nasal symptoms.

Sinus Pain/Pressure

- Put a warm compress over the nose and forehead to help relieve sinus pressure.
- Use a decongestant or saline nasal spray.
- Breathe in steam from a bowl of hot water or a shower. Use with caution around children.

Cough

- Use a clean humidifier or cool mist vaporizer or breathe in steam from a bowl of hot water or a shower. Use with caution around children.

Over-the-Counter Medicines

- For children and adults, always use over-the-counter products as directed.
- Not all products are recommended for children younger than a certain age.
- Cold and cough medicines should be used cautiously with young children.
- Over-the-counter medications may help relieve symptoms such as a runny nose, congestion, fever and aches, but they do not shorten the length of time you or your child is sick.
- Acetaminophen, ibuprofen or naproxen may be taken to relieve pain or fever. However, always follow product instructions as recommended, unless instructed differently by your health-care provider.