



REMEMBER...

- Antibiotics DO NOT work for infections commonly caused by viruses such as colds, flu, sinusitis and bronchitis
- *Unnecessary use of antibiotics* can cause bacteria to become resistant
- Prevent infections by washing your hands regularly with soap & hot water
- Take your medications as prescribed
 - o DO NOT share
 - o DO NOT stop early

**TALK TO YOUR PHARMACIST IF
YOU HAVE QUESTIONS!**



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HOW DOES ANTIBIOTIC RESISTANCE AFFECT YOUR HEALTH?



ALLIANCE WORKING FOR
ANTIBIOTIC RESISTANCE EDUCATION

COMMON DISEASES IN THE ELDERLY:

Caused by Bacteria:

- Pneumonia
- Urinary Tract Infections
- Bacterial meningitis (rare)

Caused by Viruses:

- Common Cold
- Sinusitis
- Sore throat
- Bronchitis
- Flu



ANTIBIOTICS ONLY WORK
FOR INFECTIONS CAUSED
BY BACTERIA!

About half of all antibiotics prescribed for Upper Respiratory Infections (URIs), like a cold or runny nose, are **UNNECESSARY!**



WHAT IS ANTIBIOTIC RESISTANCE?

Bacteria that change because of unnecessary antibiotic use

They become more difficult to treat, leading to **longer illnesses, more hospital visits, and higher healthcare costs!!**



WHAT CAUSES BACTERIA TO BECOME RESISTANT TO ANTIBIOTICS?

- Taking antibiotics unnecessarily for an infection caused by viruses
- Sharing antibiotics with others
- Stopping antibiotics earlier than prescribed by your doctor



WHAT I CAN DO TO PREVENT ILLNESS AND STOP RESISTANCE?

Stay Healthy: Get a yearly flu shot and ask your doctor or pharmacist about **vaccines for pneumonia and shingles**

Prevent illness by **washing your hands** with soap and hot water for at least 20 seconds

Take your medications as prescribed, otherwise infections may not go away or antibiotics may not work for future illnesses.

**BE YOUR OWN
HEALTH ADVOCATE
by ASKING
QUESTIONS!**