

# WARNING!

- Antibiotics are powerful medicines.
- When not used wisely, they can be harmful to your health.
- Take antibiotics only when you **REALLY** need them.



**AWARE** Alliance Working for Antibiotic Resistance Education

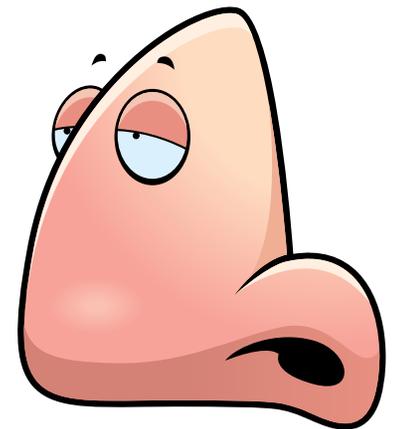
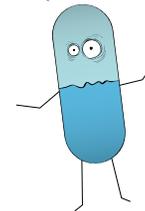
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Cold or Flu?  
**Antibiotics**  
aren't for you!

Not my thing, know what I mean?



**Antibiotics DON'T WORK**  
on colds ...

# Hand washing

# Bacteria vs. viruses

# Listen to your doctor

## EFFECTIVE HANDWASHING

7 Steps to Prevent the Spread of Germs

- Turn on water to a comfortable temperature and moisten hands and wrists.
- Apply a generous portion of liquid soap.
- Generate a heavy lather and wash well for approx. 15 seconds. Clean between fingers, nail beds, under fingernails and backs of hands.
- Rinse well under running water, keeping hands low in sink to prevent splashing.
- Hold hands so that water flows from the wrist to fingertips.
- Dry hands completely with clean paper towels.
- Use the paper towel to turn off the faucet so your hands remain clean.

**Do not take antibiotics for the cold or flu.**

Captain Strep Throat



**Oh NO! Antibiotics!**

**Antibiotics won't get me**



Flu Villain

- Follow directions
- Take every dose
- Never share



**Work with your doctor to find the best treatment for you!**

- **Sing Happy Birthday while you wash.**
- **Do not use antibacterial soap in your home.**

Illness	Usual cause		Antibiotic needed?
	Virus	Bacteria	
Colds and flu	●		No
Runny nose	●		No
Cough	●		No
Bronchitis	●		No
Sinus infection	●	●	Maybe
Ear infection	●	●	Maybe
Pneumonia	●	●	Usually
Strep throat		●	Yes

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