

Anti-B Q&A



What kinds of germs make my child sick?

Two main kinds of germs—*bacteria* and *viruses*.

When can antibiotics help?

They can help cure *bacterial* infections, including middle ear infections, strep throat, and sinus infections. But keep in mind:

- **Strep throat** is the *only* kind of sore throat that can be helped by an antibiotic, and it must be diagnosed by a laboratory test.
- **Sinus infections** and colds have similar symptoms, but only sinus infections can be helped by antibiotics.

When won't antibiotics help?

When your child has a *virus*—especially colds and the yellow and green runny noses that come with them.

- Children usually don't need antibiotics for **bronchitis or coughs**.
- **Most sore throats** are caused by viruses and can't be cured by antibiotics.

Can antibiotics keep my child from getting a bacterial infection?

In most cases, no. In fact, taking antibiotics when they aren't needed can make them less effective if your child *does* need them in the future.

How do I know if my child needs antibiotics?

Only your doctor can tell for sure. If your doctor says your child has a bacterial infection and prescribes antibiotics, she should take them. Make sure you give her all of the medicine as prescribed by your doctor, even if she starts to feel better.

What will make my child feel better when he has a cold or the flu?

- Resting
- Drinking plenty of fluids
- Taking acetaminophen or ibuprofen for fever or pain
- Eating healthy food
- Using a vaporizer

Ask your doctor or pharmacist for other suggestions to help him feel better.

I've heard about "antibiotic resistance." What is it?

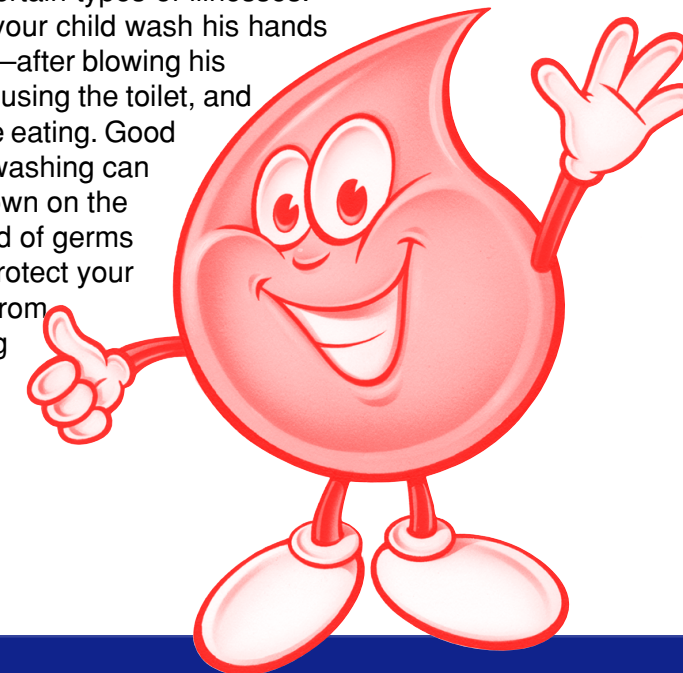
It's when some bacteria have figured out how to outsmart antibiotics. (They're called "antibiotic resistant.") If your child is sick with antibiotic-resistant bacteria, he may have to try different antibiotics before your doctor finds one that will work.

Is antibiotic resistance a problem?

Yes—and it's getting worse. Take the bacteria that causes many ear infections. It's resistant to penicillin up to 40% of the time! If the bacteria keep outsmarting the medicines we have, we may run out of ways to kill these germs. Remember, taking antibiotics only when absolutely needed will keep them effective longer.

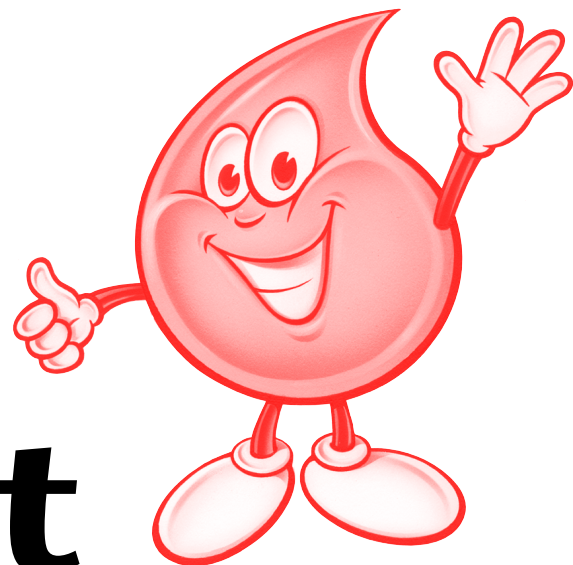
How can I protect my child from getting sick from antibiotic-resistant bacteria?

- Use antibiotics only when your doctor thinks they will work. Remember, antibiotics won't cure most colds, coughs, sore throats, or runny noses—children fight off these illnesses on their own. Talk with your doctor about what is causing the illness and what you can do to help your child get well.
- Make sure your child's immunizations (shots) are up-to-date. There are vaccines that can protect her from getting certain types of illnesses.
- Help your child wash his hands often—after blowing his nose, using the toilet, and before eating. Good handwashing can cut down on the spread of germs and protect your child from getting sick.





Find more information
about antibiotic resistance at
www.tdhideas.org
or
(512) 458-7676



**get
smart**

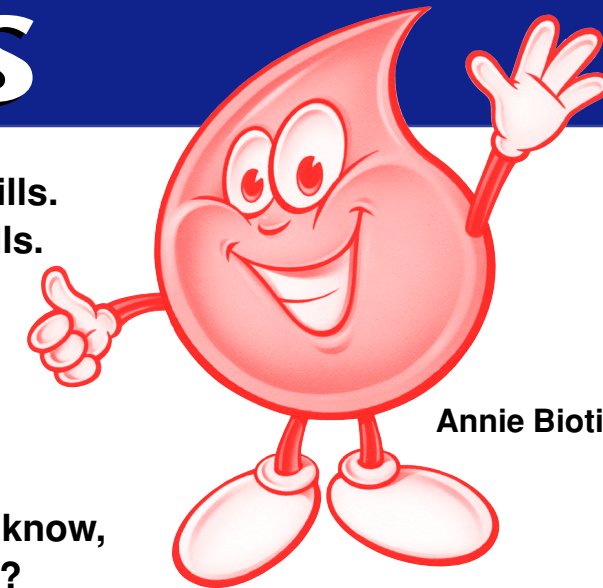
about

ANTIBIOTICS

**Get smart
about
antibiotics.
Don't waste
them
on coughs,
colds
or flu.**

the **Anti-B's**

We're Antibiotics and we've got skills.
We fight bacteria that cause you ills.
We don't do the flu thing
or fight the common cold,
But against bacteria, we're smart,
tough, and bold.



Annie Biotic

There's just one thing we want to know,
Why is everyone overusing us so?
It's a simple fact that viruses aren't our bag,
Nor are coughs and sniffles that are
such a drag.



Moxi Cillin

So best let your doctor
make the call
If you need the Anti-B's
or nothing at all.

"There's no excuse for overuse!"