



Georgia United against Antibiotic Resistant Disease

about GUARD

The GUARD Coalition seeks to reduce the spread of antibiotic-resistant disease and save antibiotic strength by decreasing inappropriate antibiotic use throughout the state of Georgia through the collaborative efforts of professional, academic, community, government, labor and industry partners

for more information:

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ANTIBIOTICS

WHAT YOU SHOULD KNOW

information for adults



Here's what you can do to help:

- Stay healthy
- Don't take antibiotics for viral infections like colds and flu
- Wash your hands often — especially after sneezing or coughing
- Clean all surfaces
- Get yourself and your family immunized
- Finish your entire antibiotic prescription, even if you feel better.

Use Antibiotics Wisely

Talk with your doctor or health care provider about the right medicines for your health.



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Get smart. Read the chart.

Problem	Virus?	Bacteria?	Antibiotic Needed?
Chest cold (bronchitis)	X		No
Cold	X		No
"Flu"	X		No
Green/Yellow Runny Nose	X		No
Middle Ear Infection	X	X	Sometimes
Sinus Infection	X	X	Sometimes
Strep Throat		X	Yes
Non-Strep Sore Throat	X		No

HELP KEEP ANTIBIOTICS WORKING

REMEMBER:

Antibiotics are anti-bacterial. They should never be taken for viral infections such as cold and flu.

Antibiotics do nothing to help a viral illness. They will not help you feel better sooner.

Using antibiotics wisely and correctly will help decrease the spread of resistant bacteria. It will also help prolong the effectiveness of these life-saving drugs for many years to come.

WHAT IS AN ANTIBIOTIC AND WHAT DOES IT DO?

Antibiotics are powerful medicines that kill bacteria, but not viruses. Most illnesses are caused by one of these two types of germs. Antibiotics can't fight viral infections, like colds and flu. See the chart for symptom-specific information.

WHY YOU SHOULD ONLY TAKE ANTIBIOTICS WHEN THEY ARE NECESSARY

Each time you take an antibiotic some bacteria are killed. However, some bacteria may survive because they are resistant to the medication. This increases the risk of resistant infection for you and those around you.

Resistant bacteria can grow and spread.

They become stronger and harder to kill.

They can stay in your body and cause severe illnesses that cannot be cured with antibiotic medicines. This could result in needing stronger treatment - and possibly a stay in the hospital.

WHAT TO DO WHEN YOUR DOCTOR PRESCRIBES AN ANTIBIOTIC

- Always take the antibiotic as prescribed.
- Finish the entire course of medicine, even if you feel better.
- Never share medication with others.
- Do not save antibiotics for future use.

GUARD
against
resistance
•USE ANTIBIOTICS WISELY•

COMMONLY ASKED QUESTIONS

How do I know if I have a viral illness or a bacterial infection?
See your health care provider to determine what type of infection you have and if an antibiotic is necessary.

Will an antibiotic help me feel better quicker so that I can get back to work when I get a cold or flu?
No, antibiotics do nothing to help a viral illness. They will not cure the infection, nor will they help you feel better sooner. Ask your health care provider what other treatments are available to treat your symptoms.

What if mucus from the nose changes color? Does that mean I need an antibiotic?
Not necessarily; it is normal for mucus to get thick and change color during a viral cold.

How do I treat a cold or flu?
Remember to wash your hands often, especially after coughing or sneezing. Get plenty of rest. Drink lots of liquids. Take over-the-counter remedies for symptom relief.

For: Fever & discomfort *Try:* acetaminophen or ibuprofen

Nasal congestion & sinus pressure oral decongestants

Sore throat salt-water gargle, throat spray, lozenges or cough drops

Coughs steamy shower, or humidifier. If more relief is needed, use cough syrup or throat spray

Talk to your doctor or nurse to learn more.