

Proper Antibiotic Use: Help Us Keep Antibiotics Working



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Department of Health Services**





Outline

- ★ **What is antibiotic resistance?**
- ★ **Why do we have this problem?**
- ★ **What happens when we have resistance?**
- ★ **What are some things we can do to share this information?**

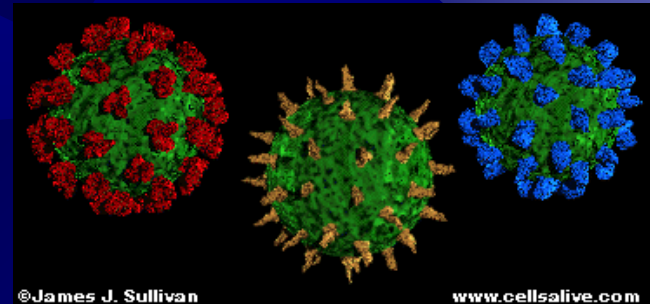
Germs

There are many
but not all of
them are bad.

There are some
germs that can
get you sick.



Bacteria



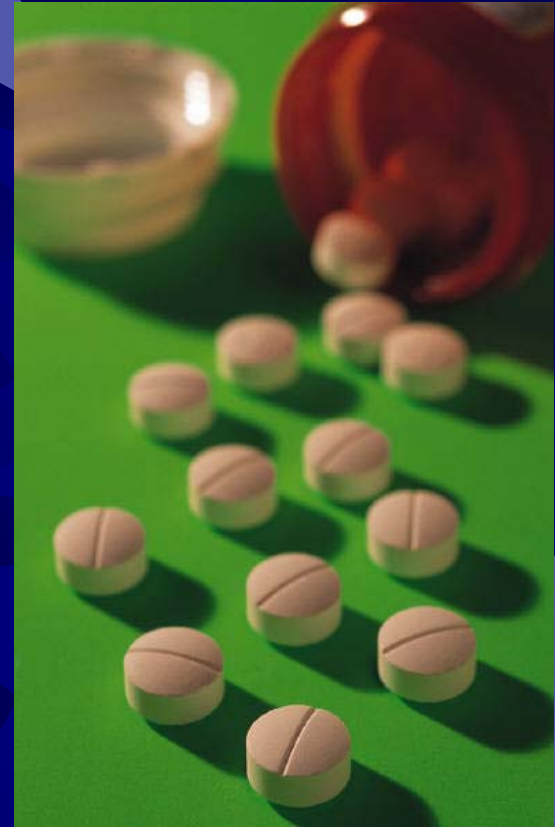
Viruses

Antibiotics

Do people know...

What they are?

What are they used for?



What Is An Antibiotic?

Antibiotics are powerful medicines that can kill bacteria and only bacteria.

Antibiotics do not work against viral infections like colds or the flu.





Unnecessary Use of Antibiotics

The Centers for Disease Control and Prevention (CDC) estimates 235 million doses of antibiotics are prescribed every year in the US and as much as 50% of those prescriptions are unnecessary.

The background is a dark blue field filled with various sizes of semi-transparent gears. On the left side, there is a vertical strip with a colorful, abstract, and somewhat pixelated pattern. In the upper right quadrant, there is a circular inset showing a close-up of a petri dish with a bacterial culture, appearing as a dense, textured, light-colored mass.

Antibiotic Resistance

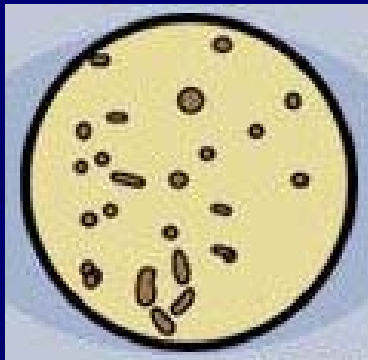
What does it mean?

How does it happen?

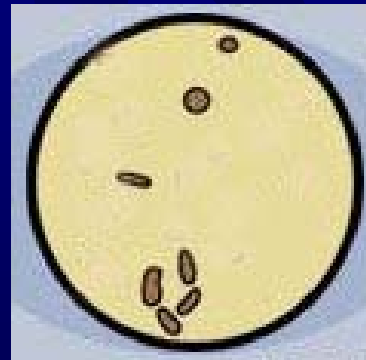
What happens after bacteria
become resistant to antibiotics?

Antibiotic Resistance

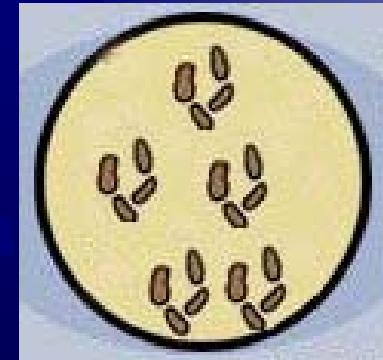
- ✦ Occurs when bacteria can no longer be killed off by antibiotics



Before



During



After

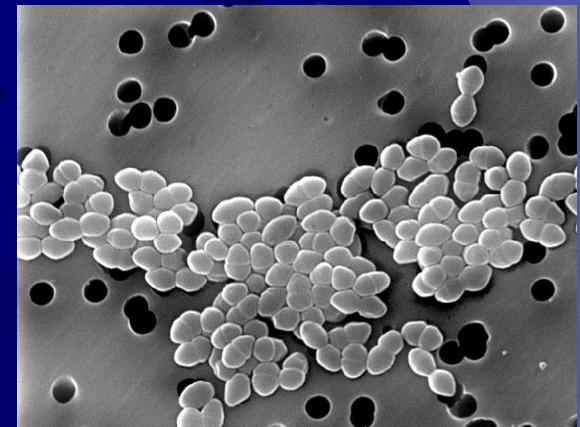


Why do we have antibiotic resistance?

- ✦ Taking antibiotics when they are not necessary, like for colds and the flu
- ✦ Not finishing the entire prescription
- ✦ Sharing or taking leftover antibiotics

What Happens When Bacteria Become Resistant to Antibiotics?

- ✦ Often cause infections that are more difficult to treat
- ✦ Result in longer and costlier hospitalizations
- ✦ Must be treated with stronger antibiotics that may cause more serious side effects
- ✦ Patient's can die!



It Can Happen to Anybody!

March 11, 2002

Oakland Tribune

Drug-resistant bacteria turns cut into life threatening ordeal

Critics: Drugs overused in people, animals

By Matt Carter
STAFF WRITER

PLEASANTON — Bobbie McKeon doesn't need to be told that antibiotics are being used so routinely — and carelessly — that bacteria the drugs once easily vanquished are becoming immune to their effects.

The Pleasanton nurse practitioner came close to dying when a paper cut on her finger became infected with a drug-resistant bacteria.

McKeon was given four different antibiotics before doctors realized that she needed an even stronger one that's delivered through an intravenous line. Complications from that procedure landed her in the hospital for 21 days.


Although McKeon is working again, she hasn't recovered completely.

"Ten years ago this (would have been) a little Staph infection that wouldn't have lasted five days," McKeon said. Today, "I never feel well. Things I used to just shake off are harder to get over."

It's not how antibiotics were used to treat McKeon that created the problem, but how the drugs have been used over the years. Thanks to the overuse of antibiotics in people and animals, medical experts say bacteria that are either naturally resistant or can develop resistance to the drugs are becoming more prevalent.

Even when they are not life threatening, drug-resistant bacteria can make treating once routine problems a more complex, unpleasant and expensive proposition.

"There are two fears with antibiotic



MICHAEL LUCIA — Staff

BOBBIE MCKEON, a nurse practitioner who lives in Pleasanton, kisses the finger that landed her in the hospital after drug-resistant bacteria infected a paper cut.

rosie
JULY 2001

July 4th
blowout
crafts, cookouts,
all-American pie!

'Survivor'
beauty
essentials
what they wish
they'd packed

cutie patootie
kids' rooms

19 coolest
summer
outfits

"staph is
no laugh!"
Rosie writes about
the nasty infection
that could
have killed her



What to do?

- ★ Ask your doctor about what is getting you sick and what is the right treatment.
- ★ Find other ways to treat your symptoms for viral illnesses – cold and flu.
- ★ If you are prescribed an antibiotic, take the entire prescription. Don't share or take leftover antibiotics.

Avoid getting sick!

- ✦ Proper hand washing
- ✦ Covering mouth and nose when coughing and sneezing
- ✦ Disinfecting areas around the home and workplace
- ✦ Getting flu shots and vaccinations up-to-date



Summary

- ✦ Never take an antibiotic for colds and the flu. They don't work! Antibiotics are only used for treating bacterial infections.
- ✦ If prescribed an antibiotic, finish the entire prescription, even if you start to feel better.
- ✦ Never share or take leftover antibiotics.



What can we do about it?

- ✦ Support the responsible use of antibiotics
- ✦ Support your health and your family's health
- ✦ Support the community's health



For More Information

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For referrals to free or low
cost health care, call the

Hotline: (800) 427-8700

Monday – Friday

9 a.m. – 5 p.m.