

## Appropriate Antibiotic Usage

How to Prevent Antibiotic Resistance

### What are antibiotics?

**Antibiotics**, also known as antimicrobial drugs, are drugs that **fight** infections caused by **bacteria**.



### What is the appropriate way of using antibiotics?

For antibiotics to work effectively, one should take the right drug at:

- Right dose
- Right time
- Right duration



## How do antibiotics work?

Antibiotics perform either of two actions:

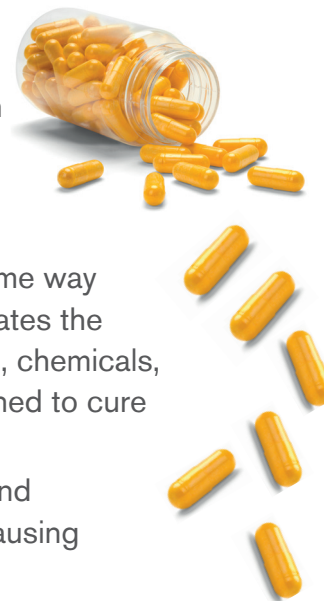
1. Kill bacteria
2. Stop the bacteria from multiplying

### What is antibiotic resistance?

Antibiotic resistance is the ability of bacteria or other microbes to resist the effects of an antibiotic.

Antibiotic resistance occurs when bacteria change in some way that reduces or eliminates the effectiveness of drugs, chemicals, or other agents designed to cure or prevent infections.

The bacteria survive and continue to multiply causing more harm.



## Why are bacteria becoming resistant?

Every time a person takes antibiotics, sensitive bacteria are killed, but resistant germs may be left to grow and multiply.

Repeated and improper uses of antibiotics are primary causes of the increase in drug-resistance bacteria.

Using antibiotics to treat viral infections, using antibiotics too often, and not using antibiotics as prescribed are all contributing to the problem of antibiotic resistance.

### Viral infections that **SHOULD NOT** be treated with antibiotics include:



Some ear infections



Colds



Sore throat (except for those resulting from strep throat)



Flu



Most coughs and bronchitis