

ANTIBIOTICS

While you wait for your appointment, enjoy these fun activities to learn about when antibiotics should be used!

WAITING ROOM WORKOUT

FACTS ABOUT USING ANTIBIOTICS

Antibiotics, or antimicrobial drugs, fight infections caused by bacteria. Antibiotics cannot fight illnesses caused by viruses, like colds, the flu, most coughs, bronchitis, sore throats (unless it's strep) and runny noses. Viral illnesses usually go away without treatment in a week or two. Taking antibiotics for viral illnesses

- will NOT cure your illness,
- will NOT help you feel better,
- will NOT keep others from catching your illness.

Antibiotics are not always the answer and should only be used when needed.

Antibiotic use can

- kill good bacteria in your body, which can lead to complications, like diarrhea or yeast infections;
- cause serious allergic reactions that may require hospitalization;
- result in antibiotic-resistant infections.

Antibiotic-resistant bacteria are stronger and harder to kill. They can stay in your body and cause severe illnesses that cannot be cured by antibiotics. Antibiotic resistance can be dangerous. When antibiotics do not work, illnesses last longer, you may need to be hospitalized, and you may need to use more expensive—and sometimes more toxic—medicines. Some resistant infections can even cause death.



WORD SEARCH

Can you find these words?

ANTIBIOTICS
BACTERIA
COLD
COUGH
CURE
FLU
HOSPITAL
ILLNESS
INFECTIONS
MEDICATION
RESISTANCE
STREP
TOXIC
TREATMENT
VIRUS

S	T	R	E	P	V	B	A	C	O	L	D
D	N	H	O	S	P	I	T	A	L	F	I
F	W	A	D	U	R	L	R	C	X	M	R
I	L	L	N	E	S	S	Q	U	F	E	E
H	J	U	T	I	M	K	G	R	S	D	S
S	V	C	E	R	C	X	C	E	O	I	I
L	A	N	T	I	B	I	O	T	I	C	S
B	G	P	X	Y	T	M	U	Z	N	A	T
E	Q	O	C	S	A	C	G	V	J	T	A
A	T	H	K	O	P	R	H	W	B	I	N
I	N	F	E	C	T	I	O	N	S	O	C
T	R	E	A	T	M	E	N	T	Y	N	E



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CROSSWORD CALISTHENICS... test your word power!

Fill in the blanks to learn more about proper antibiotic use and antibiotic resistance.

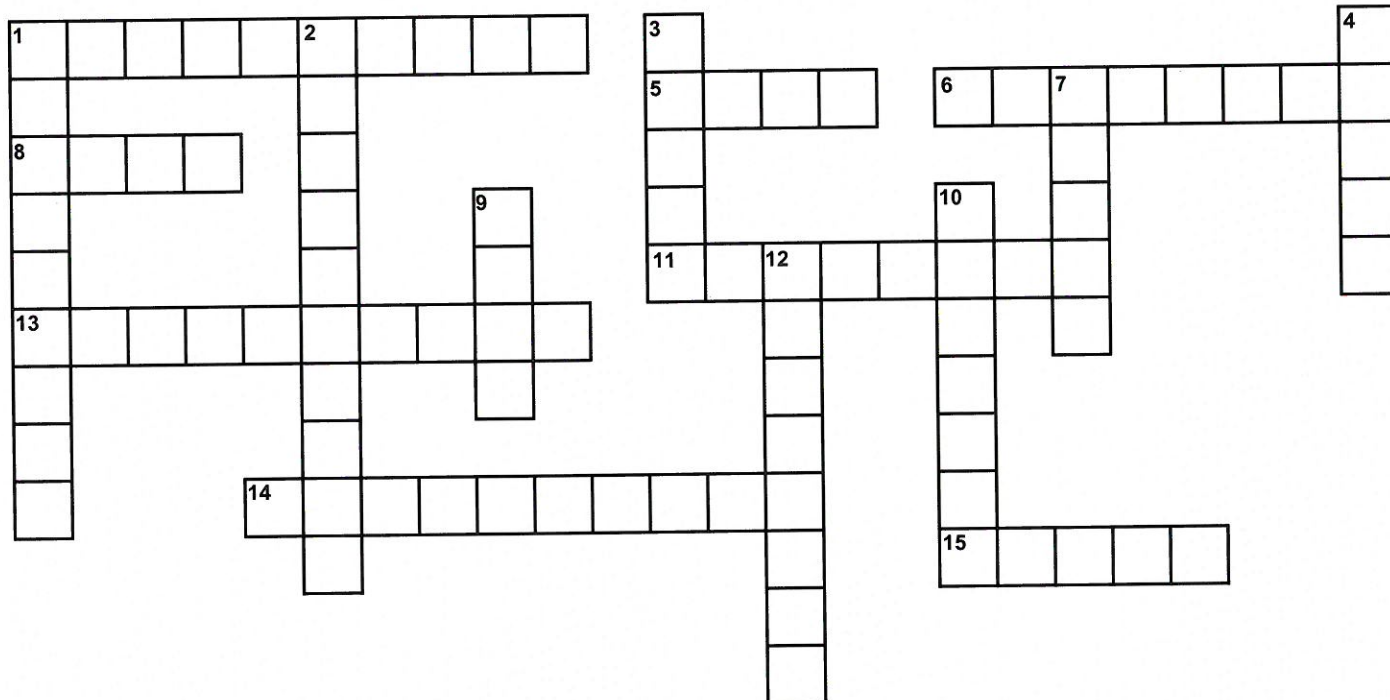
ACROSS

- 1 - Only use antibiotics when they are likely to be _____ for your illness.
- 5 - Children have the highest _____ of antibiotic use.
- 6 - In the last decade, there has been an _____ in the number of bacteria resistant to antibiotics.
- 8 - Antibiotics should NOT be prescribed for common illnesses, like a _____ or the flu.
- 11 - If your health care provider says you do not have a bacterial infection, ask about how to relieve your _____. Do not pressure him or her to prescribe an antibiotic.
- 13 - Talk with your health care provider about antibiotic _____.
- 14 - Take an _____ exactly how it is prescribed, even if you start feeling better. Bacteria might survive if you stop your antibiotic too soon.
- 15 - When a bacterial infection becomes antibiotic-resistant, the consequences are longer-lasting illnesses, more doctor visits and longer hospital _____.



DOWN

- 1 - Although they are very useful drugs, antibiotics designed for _____ infections are not useful for viral infections.
- 2 - When an organism or pathogen, like bacteria or viruses, get into your body, they cause _____.
- 3 - Misuse of antibiotics jeopardizes the usefulness of essential _____. Decreasing inappropriate antibiotic use is the best way to control antibiotic resistance.
- 4 - Every time a person takes antibiotics, sensitive bacteria are killed, but resistant _____ may be left to grow.
- 7 - Repeated and improper use of antibiotics is the main _____ of an increase in antibiotic-resistant bacteria.
- 9 - Do not save any of your antibiotic for the next time you get _____.
- 10 - Every year, 1.1 billion _____ are spent on unnecessary adult upper respiratory infection antibiotic prescriptions.
- 12 - Do not take antibiotics prescribed for someone else. The wrong _____ may delay the right treatment or allow bacteria to multiply.



ANSWER KEY - ACROSS: 1 - beneficial; 5 - rate; 6 - increase; 8 - cold; 11 - symptoms; 13 - resistance; 14 - antibiotic; 15 - stays
DOWN: 1 - bacterial; 2 - infections; 3 - drugs; 4 - germs; 7 - cause; 9 - sick; 10 - dollars; 12 - medicine