



Remember:

- Antibiotics will not cure a cold or the flu. They are also not appropriate for bronchitis, some ear infections, or sinus infections.
- Taking antibiotics unnecessarily can kill helpful bacteria in the body and increase your risk for serious infections.

How CDC is Combating Antibiotic Resistance



- 1. Prevent Infections, Prevent the Spread of Resistance:** Hand washing is the most effective way to reduce your risk of infection
- 2. Tracking:** CDC gathers data on antibiotic-resistant infections to identify prevention priorities
- 3. Improving Antibiotic Stewardship**
- 4. Development of Drugs and Diagnostic Tests:** Antibiotic resistance occurs as part of a natural evolution process, development of new antibiotics is needed to combat resistance

For More Information

- Concerning your prescription contact your physician
- Regarding general concerns over antibiotic resistance contact the Worcester Division of Public Health at health@worcesterma.gov or 508-799-8532
- To learn more about Antibiotic Resistance go to The Centers for Disease Control and Prevention website:
<http://www.cdc.gov/drugresistance/index.html>



Worcester Division of Public Health



Centers for Disease Control and Prevention
CDC 24/7: Saving Lives. Protecting People.™



Public Health
Prevent. Promote. Protect

Antibiotic Resistance: A Growing Problem in the Community

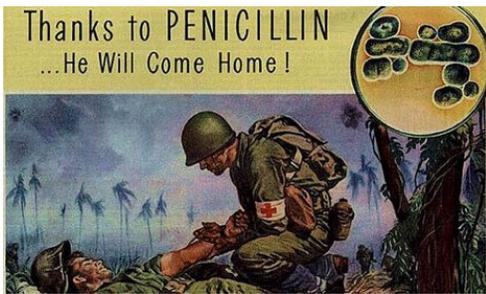
Prescription Drug Resistance Causes Major Health Issues

What Should You be Aware of and What you Can Do



What is Antibiotic Resistance?

Antibiotics have been used for the past 70 years to treat illnesses and prevent thousands of deaths. However, some antibiotics are no longer as effective at killing bacteria and treating illnesses. This is known as **Antimicrobial Resistance** or **Antibiotic resistance**.



Penicillin was the first approved antibiotic in the United States in 1943

What are the Consequences of Antibiotic Resistance?

- More Frequent & Lengthier hospitalizations
- Increased cost of care
- Increased deaths due to infections that were previously treatable
- Increased cases of resistant “superbug” infections such as MRSA



How Can You Protect Yourself?

- Do not share your medications.
- Do not ask for Antibiotics. Your doctor will prescribe what is appropriate. Doctors often feel pressure from patients to give them what they want, even if it is not beneficial.
- Antibiotics cure bacterial infections, **not** viral infections such as:
 - * Colds or flu
 - * Most coughs and bronchitis
 - * Sore throats
 - * Runny noses
- ALWAYS Finish your Prescription! Take medication as directed, **even** if you feel better

How does this occur?

- **Variation:** There are many different types of bacteria in your body, some normal and some resistant
- **Selection Pressure:** When taking antibiotics most bacteria are killed, however, the resistant bacteria thrive
- **Reproduction:** The resistant bacteria multiply and spread
- **Time:** Only the resistant bacteria are left and do not respond to antibiotics

