



## “Antibiotics & You” *Fast Facts About Antibiotic Resistance*

Thank you for participating in the MARR Coalition “Antibiotics & You” program. Here are some important things you learned during today’s presentation:

- Antibiotics are strong drugs, but they can’t fight viral infections, such as the flu and common cold.
- Taking antibiotics when they are not necessary increases the number of “resistant” bacteria.
- Resistant bacteria are harder for doctors to treat, and some cannot be treated at all.
- Bacteria are different from viruses.
- Antibiotics fight bacterial infections **NOT** viral infections, like colds and flu.
- Overuse and misuse of antibiotics increases the growth and spread of resistant bacteria.
- If you get sick, only your healthcare provider can diagnose your infection, decide if an antibiotic is needed, and if so, which one is right for you.
- If your doctor gives you an antibiotic, take it exactly as directed. Don’t share the medicine with others or save it for the next time you get sick.
- Help your body fight back: drink lots of liquids and get plenty of rest.

Prevention is the best medicine! Here are a few things you can do to stay healthy and prevent the spread of infection:

- **Wash your hands!** Clean hands don’t spread germs. Wash your hands often with plain soap and water – especially before eating, after going to the bathroom, and after coughing or sneezing. Alcohol-based hand rubs work well too, as long as your hands are not dirty.
- **Cover your coughs and sneezes!** To prevent spreading your germs to others, cough or sneeze into a tissue or your upper sleeve, not your hands.
- **Get your flu shot!** Protect yourself and your loved ones. Get the flu shot each fall.
- **Take care of your body and it will take care of you!** Keep your body and your immune system strong: eat healthy foods, exercise regularly and get plenty of sleep.

Thank you for helping to preserve our antibiotic lifeline. For more information about the MARR Coalition and antibiotic resistance, please visit our website at [www.mi-marr.org](http://www.mi-marr.org)

Wishing you good health!

The MARR Coalition

