

**You love your child.
She's hurting.
And you want to
help...**



**Your TLC might just
be the prescription
she needs.**

For additional information about antibiotic resistance and the effective treatment of infections, please visit the following websites:

Centers for Disease Control and Prevention
www.cdc.gov/drugresistance/community

Mayo Clinic
www.mayoclinic.com

*Click on "Diseases and Conditions"
to visit the Infectious Disease Center.*

This brochure is provided for general information purposes and to encourage open communication between patients and their physicians. It is not intended to provide medical advice and is not a substitution for patient/physician communication.



Working Together for Quality Health Care

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**She's Only
5 Years Old and
Already Has a
Drug Problem...**



**...It's called
antibiotic
resistance.**



Knowledge makes the difference

When someone in your family is sick, the first thing you want to do is take action. And in the past, taking action often meant taking antibiotics. But today we know more about antibiotic resistance and how to better treat common ailments – like upper respiratory infections, ear infections and the all-too-common cold. We also know what causes these illnesses:

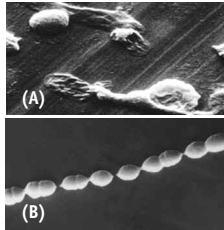
VIRAL INFECTIONS are responsible for colds and most sore throats. Viruses are not responsive to antibiotics and are best managed by treating the specific symptoms.

BACTERIAL INFECTIONS include strep throat and many ear infections. These illnesses may be treated with antibiotics.

The right way to care

As a parent, it's painful to sit by helplessly while your child suffers through a viral infection. Any action seems better than no action when it comes to caring for your family.

But we know that using antibiotics when it's not necessary can cause even greater suffering



Antibiotic resistance begins when a patient takes antibiotics inappropriately or repeatedly. Only sensitive bacteria (A) are killed, with resistant bacteria (B) overgrowing and becoming stronger.

Photos courtesy of Dr. Marcia Miller, University of Illinois College of Medicine at Peoria.

in the future. When antibiotics are not used properly, bacteria become resistant to the drugs. This may result in several dangerous situations:

- 1) Future infections may require more powerful antibiotics, with the increased risk of side effects.
- 2) Subsequent infections may be more severe and more difficult to treat.
- 3) Some infections may even require hospitalization and a longer recovery.



Treat your family well

You want the best for your family. By following these basic guidelines you can help ensure optimum health care:

- 1) Work **with** your doctor to determine the cause of your illness, as well as appropriate treatment.
- 2) If your doctor prescribes an antibiotic as the best course of treatment, follow the instructions **exactly**. (And if you

have questions, ask!) In order to reduce the likelihood of creating antibiotic-resistant bacteria, it is important to take antibiotics **exactly** as prescribed:

- Take antibiotics at appropriate time intervals.
 - Measure the dosage accurately.
 - **Always** finish a series of antibiotics unless instructed otherwise by your doctor.
 - **Never** share antibiotics with a family member or friend.
- 3) If antibiotics are **not** prescribed, ask what you should do to treat the symptoms. Your doctor can offer suggestions that will ease discomfort while the virus runs its course.
 - 4) Communicate openly with your doctor. Clearly describe any symptoms, changes in symptoms, side effects and questions or concerns you may have. Two-way communication is a critical element in effective medical treatment.

