



What is Antibiotic Resistance?

- Bacteria have "antibiotic resistance" when they cannot be killed by an antibiotic drug.
- Both viruses and bacteria cause infections, but antibiotics only work against bacteria.
- Using antibiotics when they are not needed, for example, when you have the common cold, can lead to antibiotic resistance.
- Remember, it is the bacteria that is resistant, NOT YOU!

Even very healthy people who have never taken antibiotics can become infected with antibiotic resistant bacteria from others.

What should you do?

- Do not expect to get antibiotics for every ear, nose and throat infection. Most of these infections are caused by viruses and antibiotics will not work.
- Be patient when your child has cold symptoms. Most viral illnesses will take 4-5 days before getting better.
- Always wash your hands after being around someone who is sick. Also, remind others to wash their hands.

For more information contact the



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