





FACTS ABOUT ANTIBIOTICS

	I can stop taking my antibiotics as soon as I start feeling better.	<input type="checkbox"/> TRUE <input checked="" type="checkbox"/> FALSE
	Antibiotics will help cure colds and flu.	<input type="checkbox"/> TRUE <input checked="" type="checkbox"/> FALSE
	I can save leftover antibiotics for the next time I get sick.	<input type="checkbox"/> TRUE <input checked="" type="checkbox"/> FALSE
	Incorrect use of antibiotics can lead to the development of antibiotic-resistant bacteria.	<input checked="" type="checkbox"/> TRUE <input type="checkbox"/> FALSE


Ask your health care professional for more information or visit www.antibiotics-info.org

Rx ANTIBIOTICS

USE THEM WISELY

Partners in NIPA

(National Information Program on Antibiotics)



From the National Information Program on Antibiotics

Mission Statement

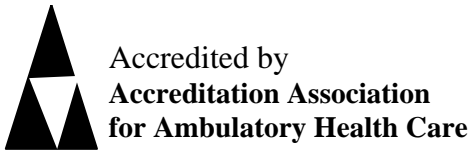
The Pat Walker Health Center, University Health Services provides professional and comprehensive medical care, mental health care, health education, and health promotion for a diverse community of students, faculty, and staff. We, the University Health Services Staff of the Pat Walker Health Center, have a commitment to physical, mental, spiritual, social, and emotional health, the highest standards of quality, and appreciation of the value of each individual. Through these endeavors we support the educational mission of the University of Arkansas and the growth of each individual.

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*A Member of
the Division of Student Affairs*



You, Your Family and Antibiotics: The Untold Story



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What are antibiotics?

Antibiotics are strong medicines that can stop some infections and save lives. But antibiotics can cause more harm than good when they aren't used the right way. You can protect yourself and your family by knowing when you should use antibiotics and when you should avoid them

Do antibiotics work against all infections?

No. Antibiotics only work on infections caused by bacteria. They don't work at all on infections caused by viruses.

What's the difference between viruses and bacteria?

Most infections are caused by viruses or bacteria. Viruses cause colds, most coughs, and sore throats. Infections caused by viruses cannot be cured with antibiotics. Bacterial infections can be cured with antibiotics.



What is bacterial resistance?

Usually antibiotics kill bacteria or stop them from growing, but unfortunately some bacteria have grown stronger and antibiotics will not work against them. These bacteria are considered "resistant" because they resist the effect of antibiotics. Sometimes, resistant bacteria can be treated with more powerful medicines. But, these may have to be given intravenously (through the vein) in the hospital.

Some strains of resistant bacteria are untreatable. Each time you take antibiotics, you increase the chance that you will get sick from a resistant strain.

What can I do to help myself and my family?

You should not expect antibiotics to cure every illness. Do not take antibiotics for the cold or flu; the best thing you can do is to let colds or the flu run their course. Sometimes, this may take two or more weeks. Contact your physician if your illness worsens after two weeks.

How do I know when I need antibiotics?

The answer to this question is complicated and depends on the specific diagnosis. The following are some basic guidelines:

- Colds and flu: These are caused by viruses and can't be cured with antibiotics. Symptoms may last two or more weeks.
- Cough or bronchitis: These are almost always caused by viruses. However, if you have a lung condition or illness, your infection may actually be caused by bacteria instead of a virus. Your doctor may decide to try antibiotic treatment.
- Sore throat: Most are caused by viruses. Strep throat is caused by bacteria and is treated with antibiotics. A throat swab and lab tests are needed before antibiotics may be prescribed for a sore throat.
- Ear infections: There are several types. Most, but not all, ear infections are treated with antibiotics.
- Sinus infections: Even if you have a runny nose, or green/yellow mucus from the nose, you may not have a bacterial infection. Antibiotics should only be used for severe infections or persisting infections, since these may be caused by bacteria.

