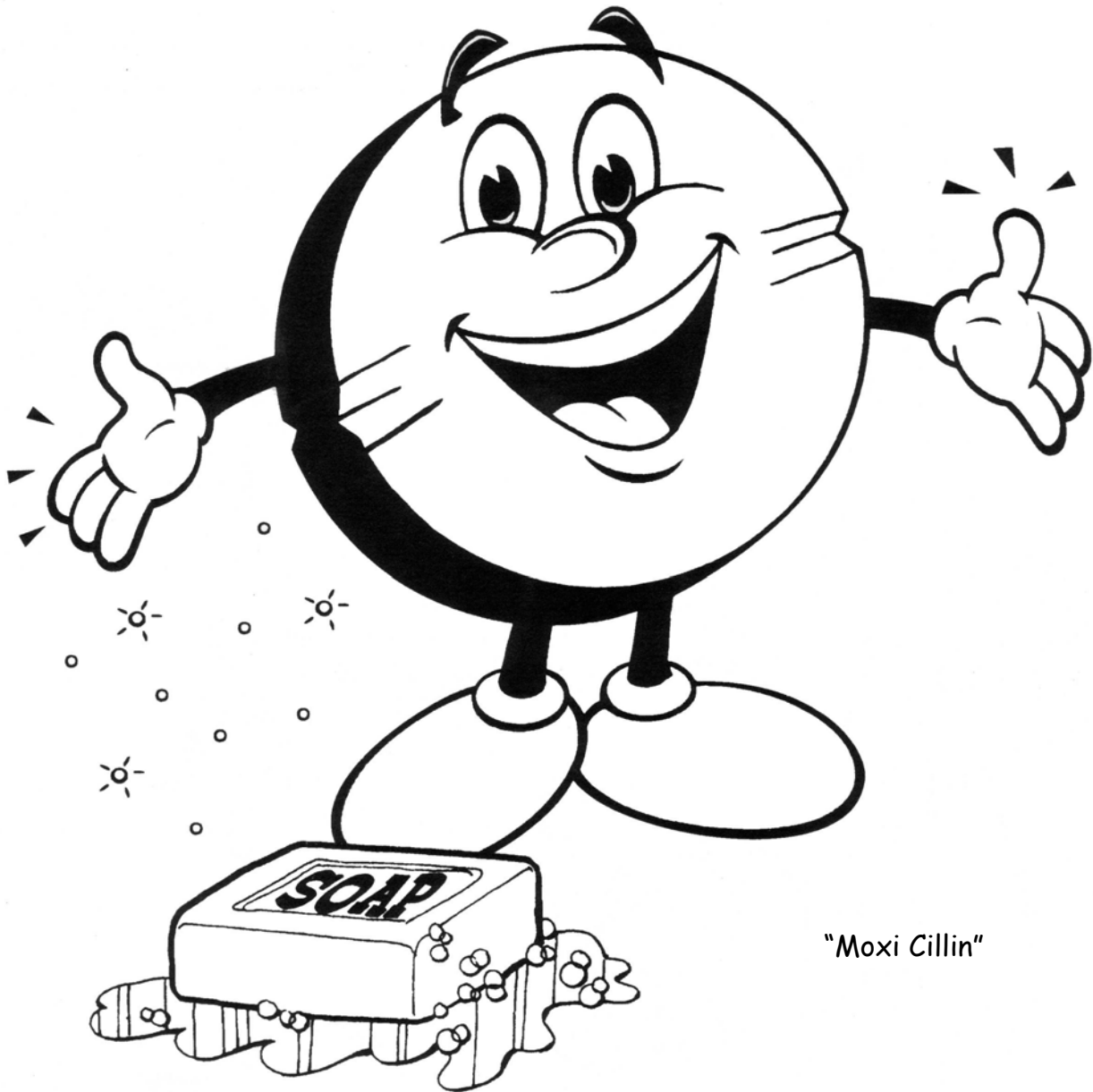


GET SMART
USE ANTIBIOTICS WISELY

Washing your hands keeps infections away!



"Moxi Cillin"

Is an antibiotic really needed?

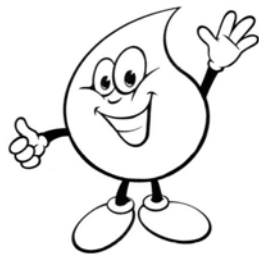
Information for parents

How Should You Wash Your Hands? One of the easiest and most important ways of stopping the spread of germs and illnesses is to wash your hands! Here are three simple rules to remember when washing your or your child's hands:

- ✓ Use soap and warm, running water.
- ✓ Wash all surfaces thoroughly, including wrists, palms, back of hands, fingers, and under the fingernails.
- ✓ Rub hands together for at least 10 to 15 seconds before rinsing.

Protect Your Family! Antibiotics only fight bacterial infections. They do not help with infections caused by viruses – like colds, most coughs, and the flu.

Taking antibiotics when they are not needed can make bacteria resistant to antibiotics. Bacteria that are resistant to antibiotics are harder to kill. These germs can cause serious illnesses that are more difficult to treat. Remember these ways you can help:



"Annie Biotic"

- ✓ Avoid demanding antibiotics from your health care provider.
- ✓ Do not take antibiotics to treat viral infections like colds, most coughs, or the flu.
- ✓ If your doctor prescribes an antibiotic, finish all the medicine, even if your symptoms go away.
- ✓ Never share antibiotics, take leftover antibiotics, or use them without a prescription.

For more information about antibiotics and antibiotic resistance, visit our website: www.GetSmartColorado.com.

If someone in your family does get a cough, cold or flu, there are things you can do!

Remember to help children wash their hands often! (And don't forget to wash your hands often, too!) Good hand washing can cut down on the spread of germs.

- ✓ Get extra sleep.
- ✓ Drink plenty of liquids.
- ✓ Talk with your health care provider or pharmacist about things you can do and medicines you can take to feel better!

About Get Smart Colorado

Get Smart Colorado is a partnership of public health agencies, health insurance plans, health care provider organizations, academic programs and community groups. We work together to reduce the problem of antibiotic resistance across Colorado.

Cartoon characters appear courtesy of the Wisconsin Antibiotic Resistance Network (WARN). Assistance with activity sheet design provided by Oregon AWARE.