

Example Newsletter Article (227 of words):

What is the big deal about antibiotics? The big deal is that antibiotics are very important medicines. Because we do not use them carefully, antibiotics are becoming less effective at treating our and our children's illnesses. Bacteria are outsmarting our medicines - but there is something you and your family can do about it.

Did you know...

- Two main types of germs make people sick - viruses and bacteria.
- Antibiotics only help with illnesses caused by bacteria. Antibiotics just do not help with illnesses caused by viruses - such as colds, most coughs and sore throats, and the flu.
- If you take antibiotics when they are not needed (such as for viral infections like the cold or flu), bacteria can become resistant to the antibiotic. When this happens, the bacteria are harder to kill. This is what we call antibiotic-resistance.
- Antibiotic-resistant bacteria are harder to treat and can be serious. They can harm children and adults and can quickly spread to other family members and the community.
- We can fight antibiotic resistance by using antibiotics only when we need them. That's what we call: USING ANTIBIOTICS WISELY!

Remember; do not always expect antibiotics from your health care provider. Sometimes - though you want them too - antibiotics just do not help. For more information about antibiotic resistance, please visit the Get Smart Colorado website at www.GetSmartColorado.com.