Antibiotic Stewardship

What is antibiotic stewardship? ⇒ The coordinated effort to protect antibiotics and prevent antibiotic resistance.

What is antibiotic resistance? ⇒ When germs, like bacteria and fungi, develop the ability to defeat the drugs designed to kill them, they continue to grow.

How Antibiotic Resistance Spreads

Antibiotics

Given to food producing animals and crops. Animals develop drug-resistant bacteria in their gut. Drug-resistant bacteria gets to humans through food, water, soil, air or by direct contact with animals.

Drug-resistant bacteria spreads to the public.

Given to patients, which can result in drug-resistant bacteria developing in the gut. Patients receive care in a hospital, nursing home, clinic or by home health. Resistant germs spread directly to other patients or indirectly through poor hygiene.

Do your part… Protect, Prevent and Preserve

Cover your cough. Wash your hands. Stay up-to-date with immunizations. Stay home when sick. Take antibiotics responsibly. Lives depend on it.
When are antibiotics needed?

Antibiotics only work on bacterial infections  Antibiotics do not work on viruses!

**Bacteria vs. Virus**

**BACTERIA**
- Strep throat
- Whooping cough
- Urinary tract infection

**VIRUS**
- Common cold
- Sore throat
- Flu

**BOTH**
- Sinus infection
- Middle ear infection
- Bronchitis*

Antibiotics?  Antibiotics?  Antibiotics?
- YES
- MAYBE
- NO

*Studies show that in otherwise healthy children and adults, antibiotics for bronchitis will not help you feel better.

Make sure you are taking antibiotics for the right reasons; ask these five questions:

1. Do I really need antibiotics?
2. What are the risks?
3. Are there simpler, safer options?
4. How much do they cost?
5. How do I safely take antibiotics?

Source: Centers for Disease Control and Prevention (CDC), cdc.gov; World Health Organization, who.int; Choosing Wisely, choosingwisely.org

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