Parents’ corner

Protect your family against superbugs!

Taking antibiotics when they’re not needed helps resistant bacteria grow. When bacteria become resistant the antibiotics may no longer be effective. These resistant bacteria can stay in your body or spread to other people. They can cause severe illnesses that are difficult and expensive to treat. Highly resistant bacteria (“superbugs”) sometimes cause infections that can’t be cured.

Here’s what you can do to use antibiotics wisely and protect your family against antibiotic-resistant bacteria:

✓ Never pressure your health care provider for antibiotics. Taking antibiotics when they’re not necessary puts you and your family at risk for developing resistant infections.

✓ Don’t take antibiotics to treat viral infections like colds or the flu. Antibiotics have no effect against viruses and can cause serious side effects.

✓ If your doctor prescribes an antibiotic, finish the prescription even if your symptoms get better.

✓ Never share antibiotics, take leftover antibiotics or use them without a prescription.

For more information about antibiotic resistance, visit our Web site: www.healthoregon.org/antibiotics.

About Oregon AWARE

Oregon AWARE is a team of more than 30 government agencies, health plans, health care provider organizations, academic programs and community groups working together to reduce the problem of antibiotic resistance in Oregon. We teach parents, kids and health care professionals how to use antibiotics wisely.

For more information about how you can help Oregon AWARE spread the word about antibiotic resistance call 971-673-1111.

Cartoon characters appear courtesy of the Wisconsin Antibiotic Resistance Network (WARN). Find the Antibiotics, Get Well Word Find and Antibiotic Word Scramble are adapted from materials ©2002 Arkansas Foundation for Medical Care. All rights reserved. (Used with permission.) “Antibiotic Maze” is the copyrighted property of the Arkansas Foundation for Medical Care and may not be reproduced, published, broadcast or distributed without express written permission from AFMC.
Hi! We’re antibiotics. We’re a special kind of medicine that cures infections like strep throat. We can’t cure colds or the flu.
Billy needs to take all of his medicine to make sure his infection is gone. Help him find all of his antibiotics so he can get well!
Washing your hands keeps infections away!
Unscramble the words below and help antibiotics do their job against bacteria (not viruses).

1) DTRCOO  ____________________________
2) GOHUC  ____________________________
3) TRICABAE  ____________________________
4) SLDOC  ____________________________
5) BATNIIOCIT  ____________________________
6) LTEAHYH  ____________________________
7) MERG  ____________________________
8) KSCI  ____________________________
9) NCESISRETA  ____________________________
10) HAWS ORUY SNDAH!  ____________________________

Solution: Antibiotic word scramble
1. doctor
2. cough
3. bacteria
4. colds
5. antibiotic
6. healthy
7. germ
8. sick
9. resistance
10. wash your hands
Get Well Word Find

Can you find the words hidden below?

antibiotic  cold  germ  medicine  wash
bacteria  cough  infection  sick  yuck
bug  flu  liquids  soap

Solution: Get well word find