

Protect your loved ones:



- **Do not visit when you are ill.**
 - Long-term care residents often have weakened immune systems, so are more likely to catch infection from others.
- **Do not demand antibiotics for your loved one!**
 - Let the healthcare provider decide if antibiotics are needed. Remember, antibiotics are not always needed.
- **Cover your nose & mouth when coughing or sneezing.**
- **Clean your hands! Use soap & water or an alcohol-based hand rub:**
 - When you arrive at the care center
 - After coughing, sneezing or blowing your nose or helping someone else
 - After using the bathroom or helping someone else
 - Before eating or helping someone else
- **Get Vaccinated!**
 - Annual flu shots are especially important for people who spend time with the elderly or those with a weakened immune system.
 - Ask your healthcare provider if you need a pneumococcal (pneumonia) shot.
- **Avoid smoking around your loved ones.**
 - Keep your car, home, and work areas smoke-free.
 - Smoking and second-hand smoke can irritate the respiratory tract, increasing the risk for respiratory infections.



Keep Antibiotics Working!

Antibiotic resistance is a growing problem

- Educating yourself about antibiotics can help ensure that they will remain useful tools.
- Bacteria that develop ways to survive against antibiotics are called antibiotic-resistant bacteria; routine antibiotics may not kill them.
- Resistant bacteria are also sometimes called "superbugs."
- Infections caused by superbugs can be harder to treat and more severe.
- Misusing antibiotics helps create antibiotic-resistant bacteria.

Bacteria vs. Viruses

- Infections can be caused by bacteria or viruses, but antibiotics only work against bacterial infections.
- Antibiotics cannot cure viral infections like the common cold, flu, and most sore throats. Viral infections must run their course.
- Let the healthcare provider decide if antibiotics are needed.

Antibiotic Facts

- Treatment of antibiotic-resistant infections costs \$4-8 billion yearly in the U.S.
- 20-50% of antibiotic prescriptions given outside of hospitals are believed to be unnecessary.

