

Take Steps to Prevent Infection

Help yourself and your family stay as healthy as possible

- Keep everything clean:
 - Wash your hands before you handle food.
 - Wash your hands after you go to the bathroom.
 - Do not touch your eyes, nose or mouth with your hands.
 - Cover your mouth when you cough or sneeze.
 - Throw away tissues right after use--AND remember to wash your hands.
 - Avoid spending time with someone who is sick if you can
 - Wash cups, forks, spoons and towels before sharing them
 - Teach these **ways** to be clean to your kids.
- Handle food safely
 - Keep foods that can spoil refrigerated or frozen
 - Keep counters and sinks clean
 - cook meat, chicken, turkey, fish and eggs thoroughly
 - Refrigerate leftovers as soon as you are done eating
- See your health-care provider as often as they tell you to.
- Get your immunizations (shots).

Develop Healthy Habits for a Lifetime of Good Health

- Eat a variety of foods from the 5 food groups each day.
- Exercise *every* day. See your health-care provider before beginning an exercise program.
- Get enough sleep
- Avoid tobacco smoke.
- Take steps to reduce stress.

Remember

Don't expect antibiotics every time you get sick.
Give us a call at the clinic to ask us how we can help ease the symptoms

This brochure provides a general overview on this topic and may not apply to everyone. To find out if this brochure applies to you and to get more information on this subject, talk to your doctor.

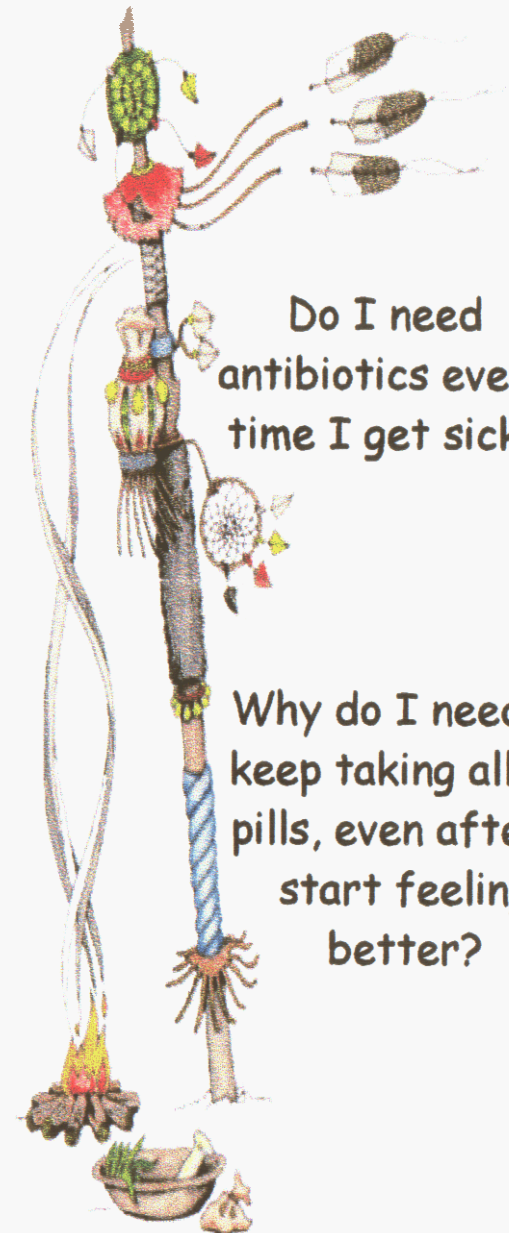
This information is provided to you by:
Red Lake Hospital/Clinic
Red Lake, MN 56671
(218)679-3912

If you have any questions or concerns please contact one of our nurses in the clinic

Ref: <http://www.apic.org/html/pdf/anti.pdf>, 4/2000;
Springhouse, 1994; Medical Surgical Nursing, 4th ed., 1996;
Lewis, Collier & Heitkemper

(4/00;J.McD)

Antibiotics



Do I need antibiotics every time I get sick?

Why do I need to keep taking all my pills, even after I start feeling better?

Use antibiotics wisely!

Will antibiotics work for me when I need them?

Some bacteria are becoming resistant to treatment. This is a major public health concern. Some aspects of resistance can be prevented. Everyone needs to learn what they can do to prevent multiple drug resistance from becoming even more widespread.

Are you at risk?

- Previous antibiotic therapy
- Extended length of stay in healthcare facilities
- Underlying diseases such as diabetes or decreased immunity
- Use of IVs, urinary drainage catheters, or ventilators/respirators
- Age over 65 or low-birth weight newborns

What is the danger?

- ◆ Antibiotic treatments may not work for serious infections
- ◆ Deaths due to treatments not working
- ◆ Longer stays in healthcare facilities
- ◆ Increased cost of treatments and healthcare

How do multiple-drug resistant bacteria spread?

- ◆ Unwashed hands
- ◆ Contaminated environmental surfaces/objects
- ◆ Inadequate or inappropriate use of antibiotics

What are the causes?

Antibiotic overuse and misuse

Antibiotics should not be taken for viral infections such as a cold or the flu. They are not effective for fighting off the virus and can reduce their effectiveness for when they really necessary.






Not following instructions

Often people fail to follow the instructions for when and how much medicine should be taken. For example, sometimes as people feel better they think they can stop taking their medications, even though they have not taken all of the prescribed medication. This allows bacteria that have not yet been killed to survive and develop resistance.

How can I protect myself?

- Handwashing (see additional tips on proper handwashing below)
- ◆ Use antibiotics as prescribed
- ◆ Do not take someone else's medication
- ◆ Do not share your medication with others
- ◆ Do not take old or outdated medication

Handwashing

-  Always wash your hands before eating or touching food.
-  Always wash your hands after using the rest room.
-  Use soap and water and scrub vigorously for 10–15 seconds.
-  Thoroughly rinse and dry hands.
-  Use paper towels to turn off faucet.

Examples of drug-resistant bacteria

You may hear about the following most common resistant bacteria. They include:

- ◆ VRE (Vancomycin Resistant Enterococci) developed because of use and misuse of antibiotics including vancomycin and can be spread from person to person.
- ◆ MRSA (Methicillin Resistant Staphylococcus aureus) was first recognized during the 1960s. Today MRSA is a worldwide problem not only in healthcare facilities but also in the community at large.
- ◆ Health professionals and researchers are concerned that Staphylococcus aureus may also develop resistance to vancomycin, virtually eliminating all treatment options for these common disease-causing bacteria.
- ◆ MDR-TB (Multiple-drug resistant Mycobacterium tuberculosis) developed because of patient not taking medications as prescribed. This can be spread from person-to-person, especially to persons with decreased immunity such as those with HIV or AIDS.

Help reduce the spread of drug-resistant bacterial

Produced by

APIC
ASSOCIATION FOR PROFESSIONALS IN
INFECTION CONTROL AND EPIDEMIOLOGY, INC.

Association for Professionals in Infection Control
and Epidemiology, Inc. (APIC)
1275 K St NW, Suite 1000
Washington DC 20036

Phone: (202) 789-1890
Fax: (202) 789-1899
E-mail APICinfo@apic.org
Internet www.apic.org