

Antibiotic Awareness Activity for Workplaces

Most people understand that antibiotics are not needed for every illness or respiratory tract infection and that only bacterial infections can be treated with antibiotics. But which illnesses are viral and which are bacterial? This activity will help staff identify and understand which respiratory tract infections are bacterial and may need to be treated with antibiotics and which ones are viral and should not be treated with antibiotics.

Activity Objective

- To educate staff about the difference between a viral and bacterial infection
- To gain a better understanding of which common infections are viral or bacterial
- To gain a better understanding of the wise use of antibiotics

Materials Needed

- Healthy Hands at Work Worker or Employer handbooks (see below)
- Strips of paper, each printed with the name of a respiratory tract infection (see page 2)
- Container for holding strips of paper
- Assortment of candies that resemble antibiotics with elongated shapes and round shapes (M & M's, Skittles, Mike & Ikes, etc.)
- Some other treat (suckers, chocolates, etc.) to represent symptomatic relief for viral infections
- Plastic or paper cups for holding "antibiotics"
- Tray for holding cups and treats
- Copies of Viral Prescriptions photocopied and cut (see page 3)

Activity Directions

Photocopy the Infection strips and cut into 24's. Place cut strips into a container for people to draw from.

Photocopy the Viral Prescription page and cut into fours.

Place the paper cups on a tray and add the candy assortment, which will represent the "antibiotics", into each cup. These will be handed out to individuals that draw a bacterial infection.

Place the Viral Prescriptions and the "viral" treats on the tray as well. These will be handed out to individuals that draw a viral infection.

With the tray in hand, walk around the office and give the handbook out to each individual as you approach. Ask them to turn to page 7 of the handbook.

Have them draw an infection from the container. Ask whether the infection they have drawn is one that may require an antibiotic.

If it does then give them a paper cup with the "antibiotic" candy in it.

If it doesn't then give them the alternative treat you are using, as well as the Viral Prescription.

COLDS

COLDS

COLDS

INFLUENZA

INFLUENZA

INFLUENZA

SORE THROAT

SORE THROAT

SORE THROAT

LARYNGITIS

LARYNGITIS

LARYNGITIS

BRONCHITIS

BRONCHITIS

BRONCHITIS

SINUS INFECTION

SINUS INFECTION

SINUS INFECTION

EAR INFECTION

EAR INFECTION

EAR INFECTION

PNEUMONIA

PNEUMONIA

PNEUMONIA

Prescription for Viral Infections

You have an infection caused by a virus. **Antibiotics won't help and can lead to antibiotic resistance.**

- Rest and drink plenty of fluids
- Take acetaminophen or ibuprofen for fever and pain
- Use cough medicine to allow sleep and rest
- Use salt water drops or gargle with salt water to relieve cold and cough symptoms
- Decongestants may help if you have a stuffy nose
- Ask your pharmacist for help with over-the-counter medications.
- Wash your hands to avoid spreading your infection to others

Over-the-counter cough and cold medicines are not recommended for children under the age of six without first checking with your doctor.



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