Do Bugs Need Drugs?
A community program for wise use of antibiotics

Program for Older Adults

December 2011
Infections Caused by Germs

- Colds
- Flu or Influenza
- Sore throat (most)
- Cough
- Laryngitis
- Chest colds (bronchitis)
- Pneumonia
80% of common infections can be spread by the hands.
Germs
## How Dirty Are Things?

**University of Arizona study:**

<table>
<thead>
<tr>
<th>Location</th>
<th>Contamination (%)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Playground</td>
<td>44</td>
</tr>
<tr>
<td>Bus Rails</td>
<td>35</td>
</tr>
<tr>
<td>Public Restrooms</td>
<td>25</td>
</tr>
<tr>
<td>Pens (shared)</td>
<td>16</td>
</tr>
<tr>
<td>Vending Machines</td>
<td>14</td>
</tr>
<tr>
<td>Public phones</td>
<td>13</td>
</tr>
</tbody>
</table>

Tucson, Chicago, San Francisco, Tampa

Avoiding the germs that cause colds. A person who is trying to avoid the germs of colds should not borrow pencils, books, or other articles from any one who has a cold; he should not touch soiled handkerchiefs, use public drinking cups, or stand near any one who is coughing without turning away from him; he should keep his hands away from his own mouth and nose, and should frequently wash his hands thoroughly with soap and water (page 161). He should also avoid wet
When to Wash
Before meals or preparing food
After.....

Using the toilet

Sneezing

Blowing your nose
After contact with animals and pets
After handling shared objects
Keep your hands away from your face

Mouth

Eyes

Nose
Review: when to wash your hands
How to wash your hands

1. Wet your hands
2. Apply plain soap
3. Rub hands together
4. Rinse your hands
5. Dry your hands
6. Turn off taps with a paper towel

Leave the washroom neat and tidy
Soaping up

Using water and plain soap, rub your hands together for 20 seconds.

1. Palms
2. Between Fingers
3. Backs
4. Wrists
5. Thumbs
6. Fingertips
7. Nails
Alcohol-Based Hand Sanitizers

Not a substitute for handwashing

- Don’t work if the hands are dirty or greasy
- Don’t kill some germs that cause diarrhea
- OK when soap and water aren’t available
- Wash with soap and water as soon as possible
Not all bugs are created equal
Virus

Influenza virus
0.1 μM

Bacterium

E. coli
2.0 μM
Virus

Influenza virus
0.1μM

Bacterium

E. coli
2.0 μM
Viral Infections

- Most respiratory tract infections
- Feel sick all over your body

Antibiotics DO NOT work against viruses

- Colds
- Flu
- Sore throat (most)
- Cough
- Sinus infection
Bacterial Infections

• Less common than viral infections
• Usually affect only one part of the body
• Pneumonia and Strep throat are caused by bacteria
• Spread less easily from one person to another

Antibiotics DO work against bacteria
Use antibiotics wisely
Antibiotic resistance

So what?
Consequences of Antibiotic Resistance

- Antibiotics don’t work
- Treatment is difficult
- Sick for a long time
- Caused by inappropriate use

*Important to use antibiotics only when needed*
Superbugs

- Superbugs are resistant to many antibiotics
- Infections caused by superbugs are a serious problem
- Antibiotics won’t work against these infections
Don’t get sick in the first place

WASH YOUR HANDS
Remember...

- Handwashing is the best way to prevent the spread of infections.

- Viruses and bacteria are very different from each other. Not all bugs need drugs. Infections caused by viruses don’t get better with antibiotics.

- Using antibiotics for colds and the flu can cause antibiotic resistance.
Thank you!