



# Antibiotics & You

How you can fight superbugs

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Presented by:

**MARR**

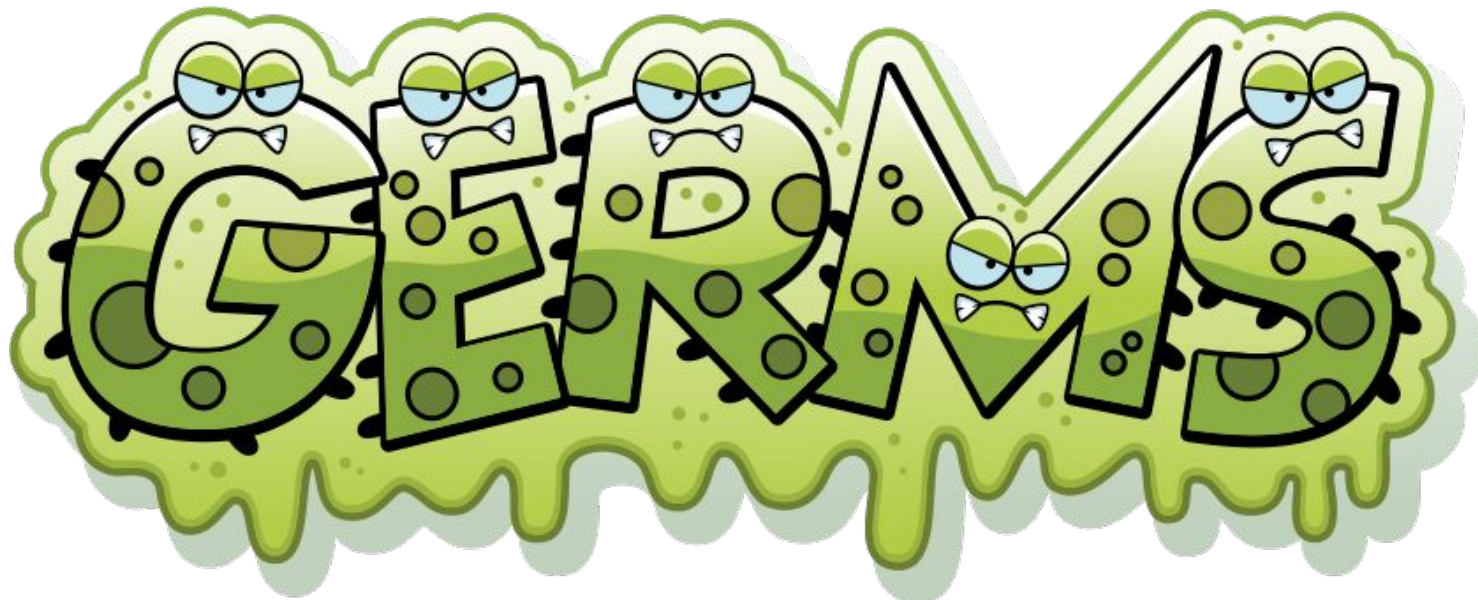
Michigan Antibiotic Resistance  
Reduction Coalition



# What you will learn today

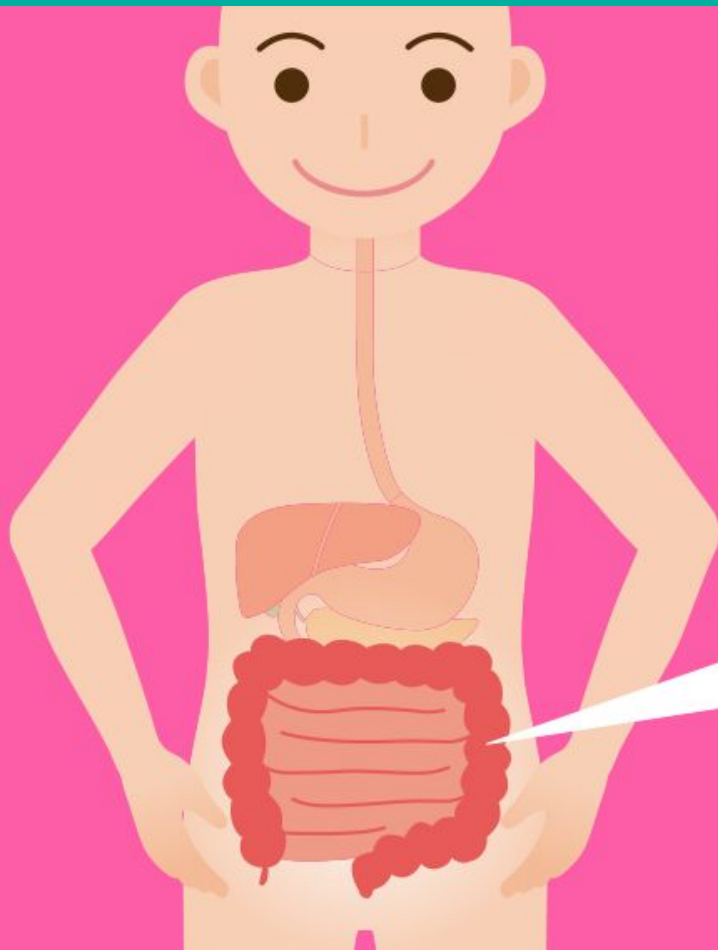
1. About germs and where they live
2. Why some germs make you sick and others keep you healthy
3. Ways to stop germs from spreading
4. How antibiotics work and when to take them
5. What “antibiotic resistance” is, how it happens, and what you can do to help stop it

# Germs are EVERYWHERE!



Some germs are good...others are bad.  
And some good ones can turn bad and make you sick.

Some germs,  
like **bacteria**,  
live inside  
your body.



## Good Bacteria

Lactococcus



Lactobacillus

Lactobacillus bifidus

## Bad Bacteria



Clostridium perfringens

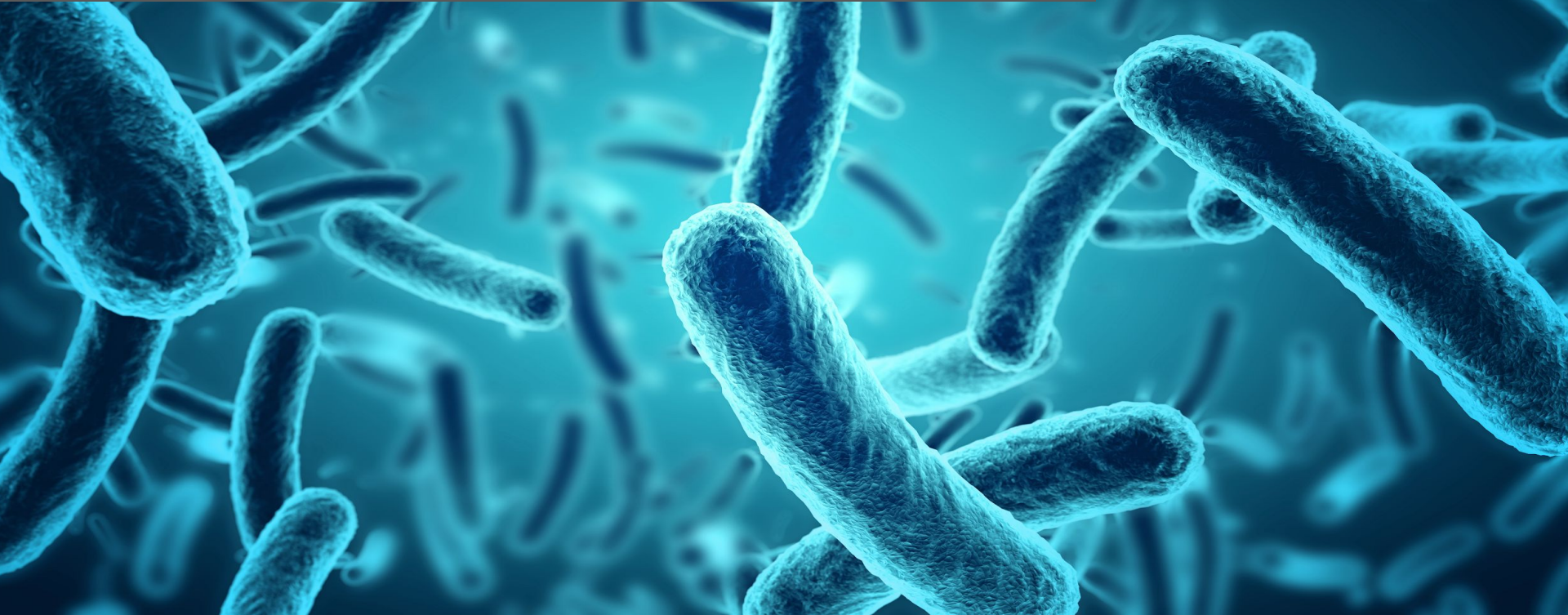
Staphylococcus



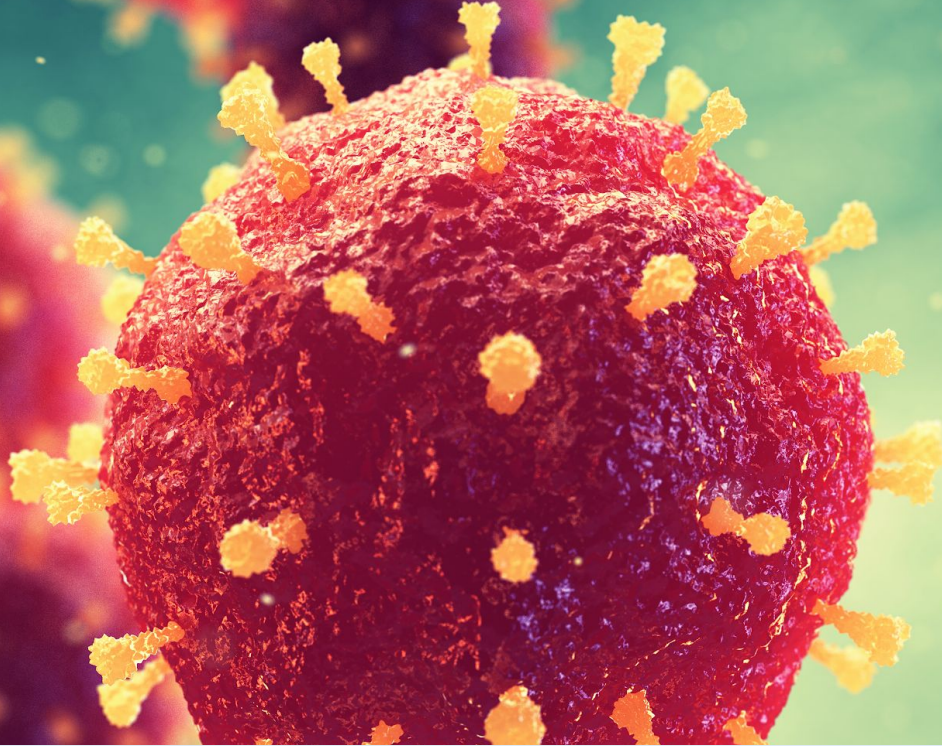
Escherichia coli



This is what **bacteria** look like



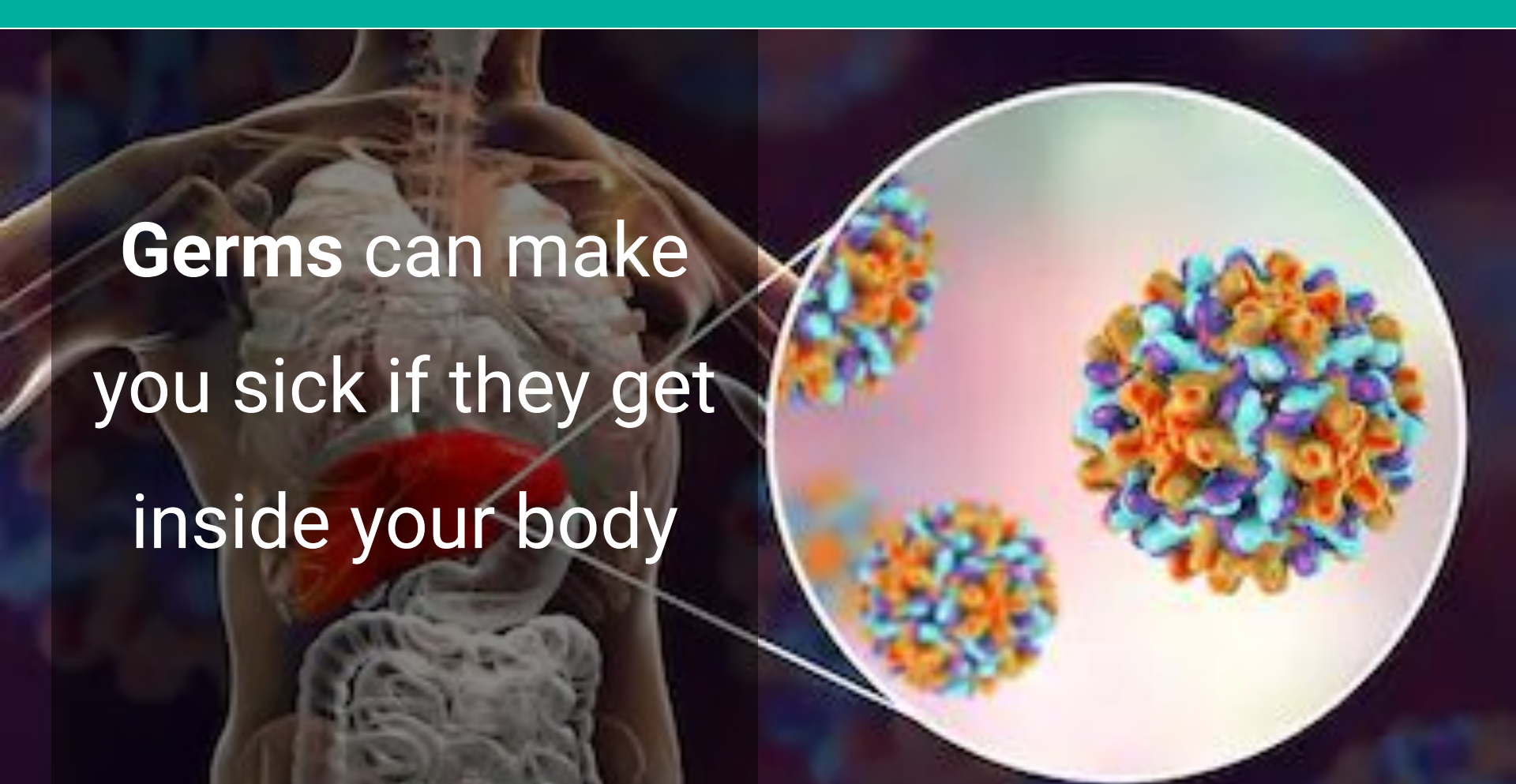
# This is what a **virus** looks like





How do germs  
make me sick?



An anatomical illustration of a human torso from the chest to the waist. The internal organs, including the lungs, liver, and intestines, are visible. A large, circular magnified view on the right side of the image shows several clusters of colorful, multi-colored particles (blue, orange, and purple) representing germs. Two white lines connect the magnified view to the liver and stomach areas of the human torso. The text "Germs can make you sick if they get inside your body" is overlaid in white on the left side of the image.

**Germs** can make  
you sick if they get  
inside your body





Germs get in your body through your eyes, nose, mouth or broken skin

Your immune system can attack these infections



# How to **stop** germs from spreading

- Avoid close contact
- Stay home when you are sick
- Hands off your eyes, nose and mouth
- Wash your hands often
- Clean toys and surfaces, like cell phones and game devices



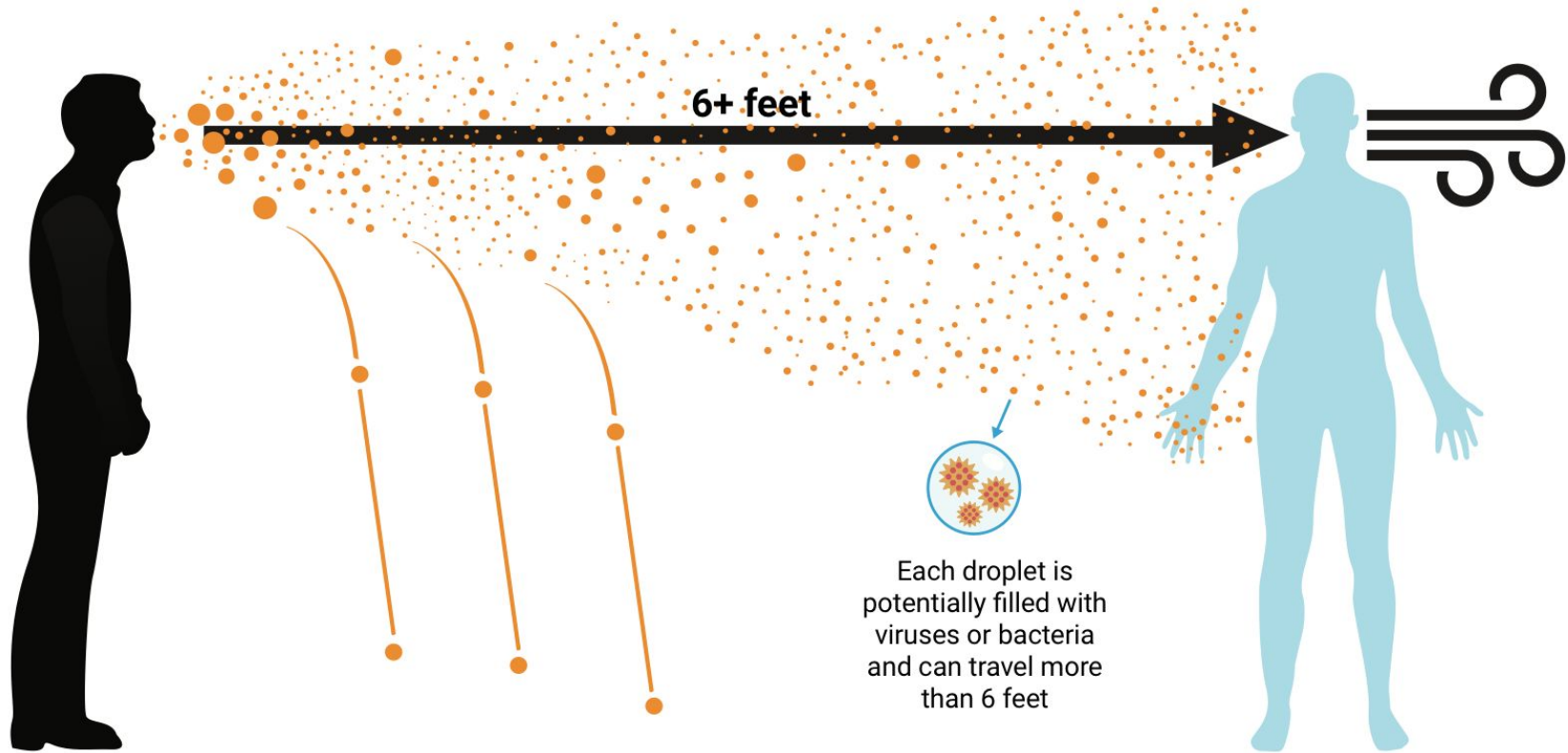
# How to **stop** germs from spreading

- Cover your mouth and nose with a tissue, then throw it away
- OR cough or sneeze into your elbow, not your hands!
- Always clean your hands after you cough or sneeze





## Coughing or sneezing and air spreading germs



# What is an **antibiotic**?



An **antibiotic** is a type  
**of medicine** used for  
treating infections  
**caused by bacteria**





# Always follow your doctor's instructions when taking an antibiotic

**Never** take **any** medicine unless a parent or caregiver helps you

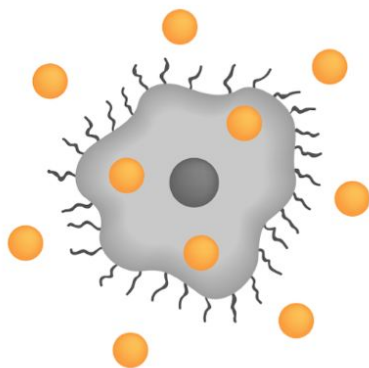


# Antibiotics do not work on viruses

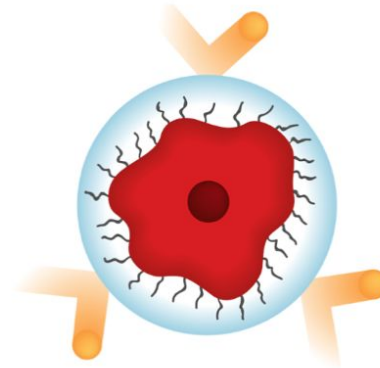
**An antibiotic will not make you feel better if you have a virus,** like a cold, flu, or runny nose – even if your snot is thick, yellow or green



## Normal Bacteria

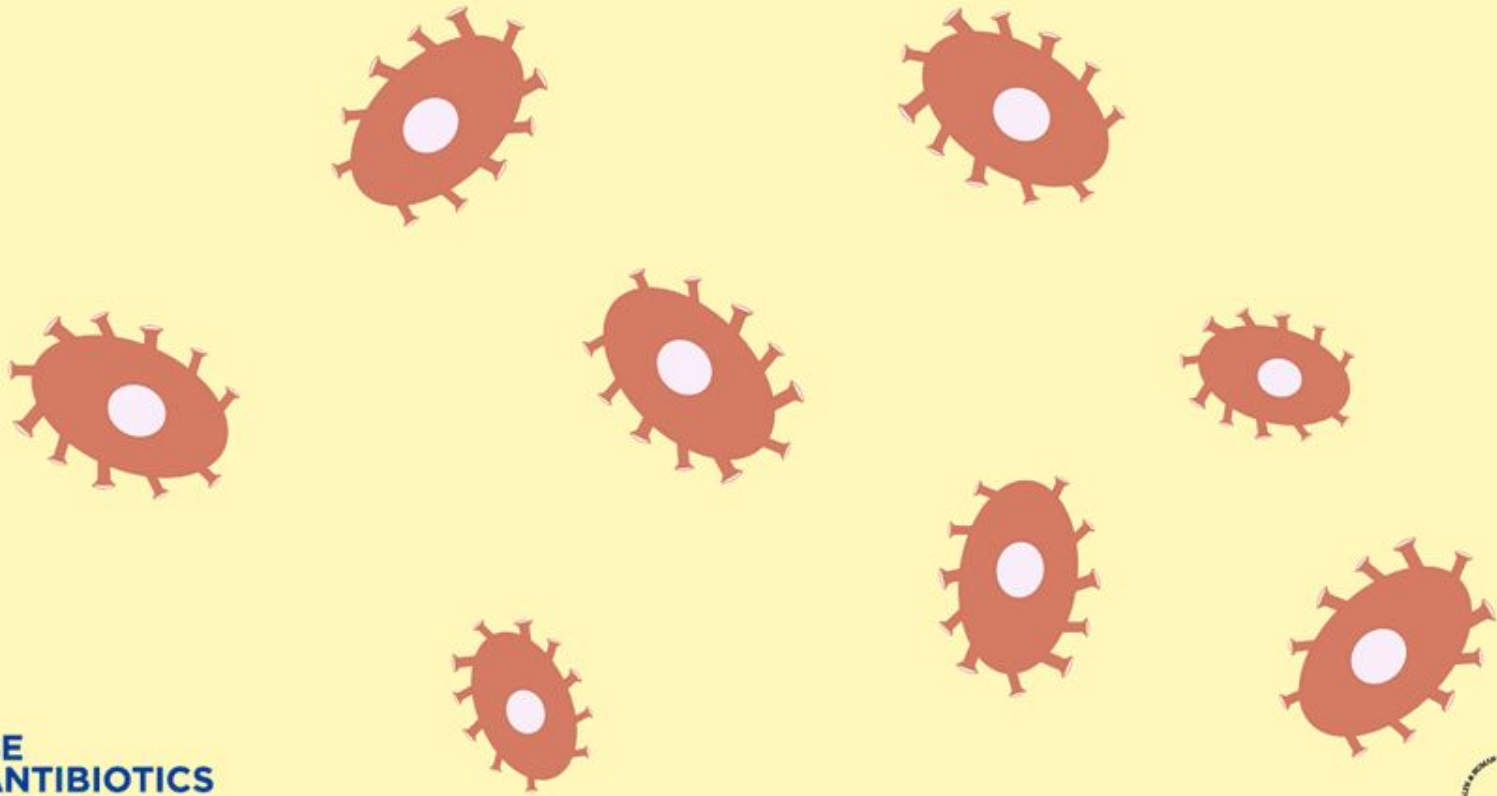


## Antibiotic Resistant Bacteria

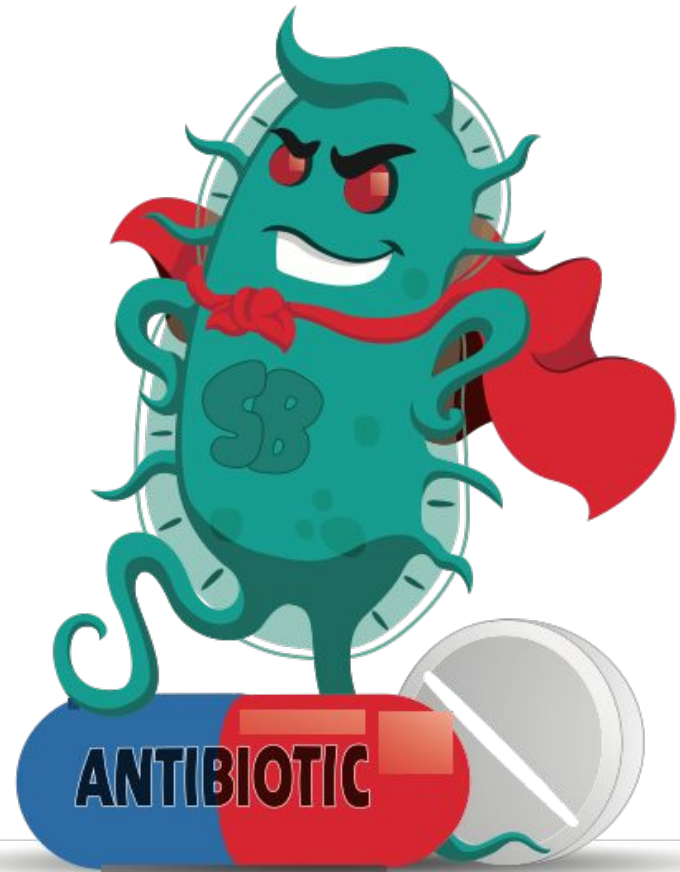


Some bacteria  
are “resistant”  
to antibiotics,  
so the medicine  
will not work





Antibiotic-resistant bacteria  
are sometimes called  
**“superbugs”**



# How can I help fight **Superbugs**?



Wash your hands!

Your hands carry  
germs you can't see



Wash your hands

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)





# How long should you wash your hands?

- A. 10 seconds
- B. 20 seconds**
- C. 45 seconds
- D. 1 minute



**Wet hands** with water

**Add soap**

**Scrub** for 20 seconds  
(sing the ABC song)

**Rinse** with water

**Dry**



# No soap and water?

Hand sanitizer kills most germs.

**BUT, they do not kill**  
Norovirus (stomach flu) or  
C. diff (dangerous diarrhea)



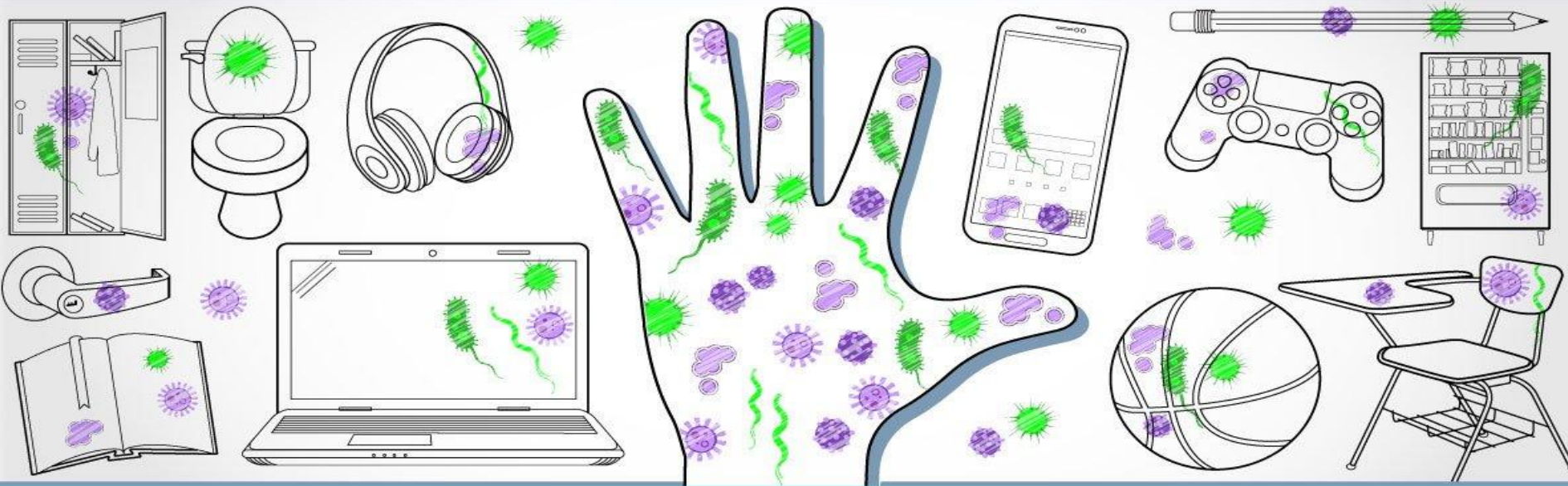
# Do your best to keep yourself and others healthy



1. Wash your hands
2. Cover your coughs and sneezes with a tissue or sneeze in your elbow
3. Stay home when you are sick
4. Get the flu shot



# GERMS are all around you.



Stay healthy. Wash your hands.

[www.cdc.gov/handwashing](http://www.cdc.gov/handwashing)



# Resistance Ranger Pledge

For antibiotics the rule is clear.  
It's simple, it's easy, it's important to hear.  
These drugs fight bacteria, not viruses, you see.  
But take as directed and better you'll be.  
Don't misuse them or share them or save them, my dear.  
Or else they won't work when you need them, I fear.

Stay healthy, drink fluids and always be clean.  
These rules are good, they're not meant to be mean.  
Antibiotic misuse is a danger.  
Preserve our lifeline,  
be a **Resistance Ranger**



# Thank you!



For more information, visit:  
**[www.mi-marr.org](http://www.mi-marr.org)**

