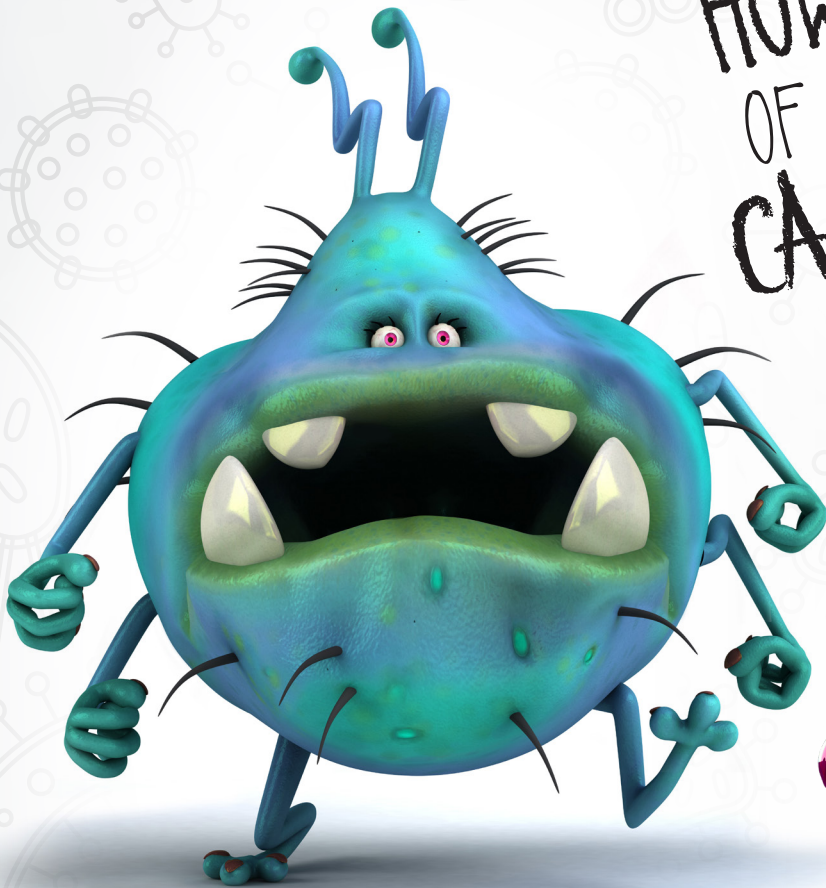


ANTIBIOTIC RESISTANCE

HOW TOO MUCH
OF A GOOD THING
CAN BE BAD



A CONSUMER
GUIDE



Greater Philadelphia
Business Coalition
On Health

Antibiotics are some of the most commonly prescribed drugs in human medicine.

According to the CDC, they are also the single most important factor leading to antibiotic resistance around the world. Use this Guide to learn about the importance of antibiotic stewardship and what YOU can do.



WHAT IS ANTIBIOTIC RESISTANCE ?

Antibiotic Resistance is when bacteria no longer respond to drugs designed to kill them.

Are you aware that one of the main contributors to antibiotic resistance is the overuse and misuse of antibiotics?



OVER USE

Taking antibiotics anytime a person is sick, even when they are not the proper treatment, like when someone has a virus.

When taken improperly, antibiotics remove good bacteria, leaving only the resistant bacteria to reproduce. This has resulted in antibiotic-resistant bacterial infections, or Superbugs, and it's happening all over the world!

Source: CDC

MISUSE

Not finishing the full course of antibiotic because a person "feels better" can allow some bacteria to survive and develop resistance.

Source: Mayo Clinic

In the U.S., Antibiotic - Resistant Bacteria Causes:



2 Million Infections



23,000 Deaths



8 Million Additional Hospital Days



\$20-30 Million Direct Healthcare Costs

Source: CDC

WHERE DO INFECTIONS HAPPEN

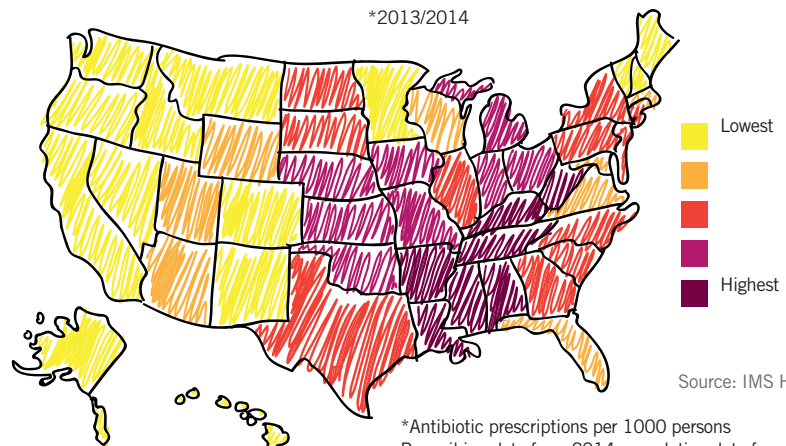
While they can happen most anywhere, most deaths related to antibiotic resistance occur in healthcare settings, such as hospitals and nursing homes.



COMMUNITY ANTIBIOTIC PRESCRIBING RATES BY STATE*

50% of all antibiotics prescribed in U.S. health provider offices are either unnecessary or inappropriate

*2013/2014



Source: IMS Health

*Antibiotic prescriptions per 1000 persons
Prescribing data from 2014; population data from 2015

WHEN & HOW SHOULD I USE ANTIBIOTICS?

Illness	Usual Causes		Antibiotic Needed
	Viruses	Bacteria	
Cold / Runny Nose	✓		NO
Bronchitis / Chest Cold (in otherwise healthy children and adults)	✓		NO
Whooping Cough		✓	Yes
Flu	✓		NO
Strep Throat		✓	Yes
Sore Throat (except strep)	✓		NO
Fluid in the Middle Ear (otitis media with effusion)	✓		NO
Urinary Tract Infection		✓	Yes



Source: CDC

6 SMART FACTS ABOUT ANTIBIOTIC USE



Antibiotics are **LIFE-SAVING** Drugs



Antibiotics only treat **BACTERIAL** infections



Green colored mucus is **NOT** a sign that an antibiotic is needed



There are potential **RISKS** when taking any prescription drug



Some ear infections **DO NOT** require an antibiotic



Most sore throats **DO NOT** require an antibiotic

Talk to your clinician about when and how to safely use antibiotics.

www.cdc.gov/getsmart

REDUCING THE NEED FOR ANTIBIOTICS

If your doctor prescribes an antibiotic to treat a bacterial infection, **BE SURE TO...**

- **COMPLETE** the full course of the medication.
- **DON'T SKIP** any doses.
- **DON'T SAVE** left over antibiotics.
- **DON'T TAKE SOMEONE ELSE'S** antibiotic medication.
- **ASK QUESTIONS** if you are uncertain about how to take the medication and if it's appropriate.

Source: U.S. Food and Drug Administration



Did you know that antibiotics **DO NOT** cure illness caused by viruses, such as colds, flu, bronchitis, many sinus and ear infections and most sore throats?

ANTIBIOTICS ONLY FIGHT BACTERIAL INFECTIONS

Source: CDC

AT HOME

- Don't share razors, towels, tweezers or clippers.
- Keep kitchen and bathrooms clean.
- Avoid cleaning products with added antibacterials.
- Wash wounds with plain soap and water.
- Don't put gym bags or purses on counters or the dinner table.

AT THE GYM

- Wipe equipment with alcohol-based wipes/sprays.
- Shower immediately after workouts.
- Keep cuts clean and covered.
- Put a clean towel over mats.

MORE TO KNOW

When I'm in the Hospital WHAT CAN I DO?

SPEAK UP: If you have a catheter, ask DAILY if it is necessary. Ask how your doctor prevents surgical site infections.

KEEP HANDS CLEAN: Be sure everyone who touches you has just cleaned their hands.

BE INFORMED ABOUT ANTIBIOTICS: Ask if a test will be done to ensure the right antibiotic is prescribed.

KNOW SIGNS & SYMPTOMS OF INFECTION: Tell your doctor if your surgical/catheter site becomes red, painful or has drainage. You may also develop a fever.

WATCH OUT FOR DEADLY DIARRHEA (C.difficile): Notify your doctor if you have diarrhea 3 or more times in 24 hours. Source: CDC

“Poor MRSA or c.diff rates can be a red flag that a hospital isn’t following best practices in preventing infections and prescribing antibiotics.”

Source: Consumer Reports

Antibiotics can cause 1 out of 5 emergency department visits for adverse drug event.

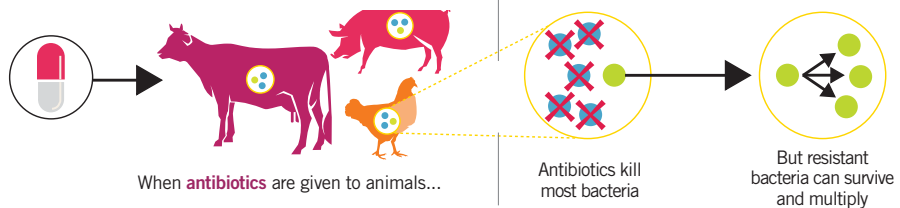
Source: CDC



ANTIBIOTIC RESISTANCE from the farm to table

RESISTANCE

Animals can carry harmful **bacteria** in their intestines



SPREAD Resistant bacteria can spread to...



animal products



produce through contaminated water or soil



prepared food through contaminated surfaces



the environment when animals poop

IMPACT

Some resistant infections cause...



mild illness



severe illness and may lead to death

About 1 in 5 resistant infections are caused by germs from food and animals.

Source: Consumer Antibiotic Resistant Threats in the United States, 2013



Learn more about antibiotic resistance and food safety at www.cdc.gov/foodsafety/antibiotic-resistance.html

Learn more about protecting you and your family from resistant infections at www.cdc.gov/drugresistance/protecting_yourself_family.html

ABOUT GREATER PHILADELPHIA BUSINESS COALITION ON HEALTH

The Greater Philadelphia Business Coalition on Health (GPBCH) seeks to increase the value of health benefit spending for its employer members by improving workforce and community health, increasing healthcare quality and safety, and reducing health care costs. The Coalition represents employer interests in working with health plans, health care providers, benefits consultants, suppliers and other system stakeholders to address population health priorities and to ensure that when health care is needed it is accessible, affordable, high-quality, and safe.

Developed by HealthCare 21 Business Coalition



Greater Philadelphia Business Coalition On Health



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