

Keep Antibiotics Working

Antibiotics are medicines that treat infections caused by bacteria. They do not work against viruses like the common cold, the flu, most sore throats, or COVID-19.

Taking antibiotics when you do not need them can cause side effects, such as diarrhea and skin rashes. It can also cause antibiotic resistance. This means that bacteria change over time, making antibiotics less able to kill them. Resistant infections can be harder to treat, lead to more serious health problems, and leave fewer treatment options.

How can you help?

- Only take antibiotics when they are prescribed by a healthcare provider.
- Never ask for antibiotics to treat viral illnesses like colds, flu or COVID-19.
- Take antibiotics exactly as prescribed. Continue to take the antibiotics even after you start to feel better. If you stop taking the antibiotics too soon, some illness-causing bacteria may still be alive. They can grow again and become antibiotic-resistant, which means the medicine may not work as well.
- Stay up to date on vaccinations to help prevent infections.
- Wash hands often with soap and water.
- Wash your hands after touching animals or caring for pets.
- Wash fruits and vegetables before eating or cooking them, cook meats thoroughly, and keep raw foods away from other foods.
- Wash hands with soap and water before preparing food.

Protect Antibiotics for the Future

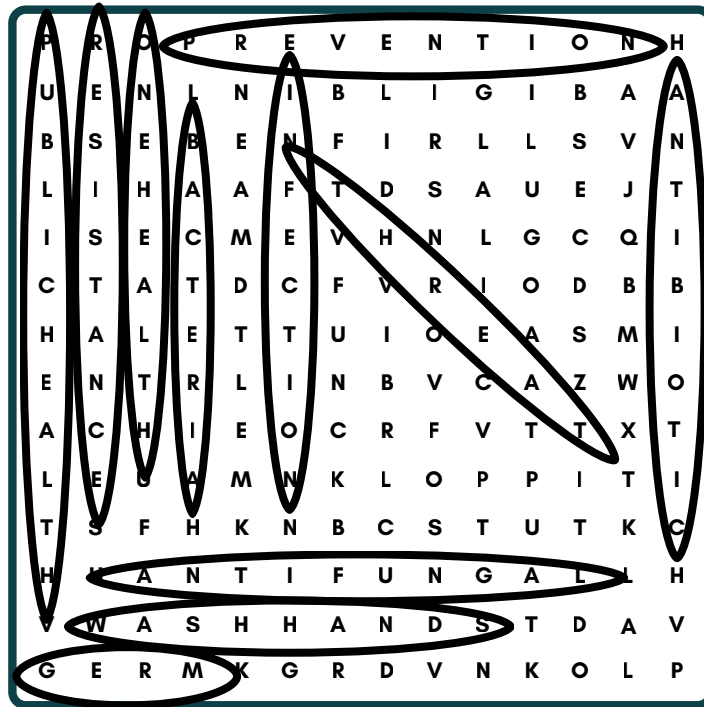
Enjoy the fun activities in this packet. Use them as a chance to talk with your family about using antibiotics wisely and protecting them for future generations.



**A message for
parents and
caregivers**

Activity Answer Key

WORD SEARCH



WORD SCRAMBLE

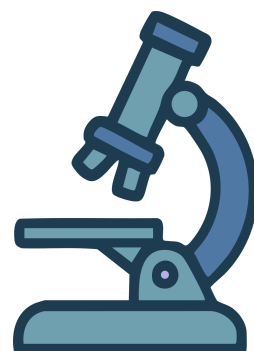
HTATRE	THREAT
SARTIESNEC	RESISTANCE
BCPLIU HHLEAT	PUBLIC HEALTH
EON LEHTHA	ONE HEALTH
RAICAETB	BACTERIA
HWSA NHADS	WASH HANDS
NIOETVRENP	PREVENTION
AINNFTUGAL	ANTIFUNGAL
ECITNINOF	INFECTION
MRGE	GERM
TNOIIBCITA	ANTIBIOTIC

U.S. Antibiotic Awareness Week Fun Facts

Bacteria are Everywhere!

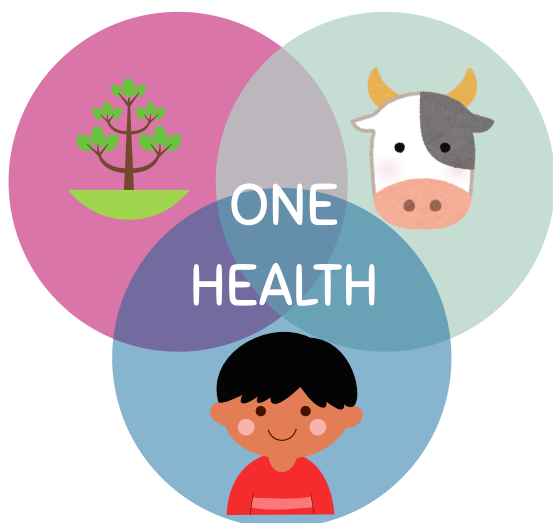
- There are more bacteria on Earth than stars in the universe!
- Your body is home to many helpful bacteria. If you could put them all together, they could weigh almost half a pound!
- Bacteria can grow very fast. One bacterium can become millions in just a few hours under the right conditions!

Amazing Antibiotic Fact: The first antibiotic, penicillin, was discovered by accident in 1928. A scientist named Alexander Fleming noticed that a type of mold stopped bacteria from growing.



Antibiotic Resistance Fact: Bacteria are very smart! They can change over time and learn how to survive antibiotics. This is called antibiotic resistance.

One Health Facts:



- One Health means that the health of people, animals, plants, and our environment are all connected.
- Did you know? People and animals can sometimes take the same antibiotics when they are sick.
- Germs can spread between people, animals, food, and the environment, so everyone has a role in slowing antibiotic resistance.

U.S. Antibiotic Awareness Week

WORD SEARCH

P	R	O	P	R	E	V	E	N	T	I	O	N	H
U	E	N	L	N	I	B	L	I	G	I	B	A	A
B	S	E	B	E	N	F	I	R	L	L	S	V	N
L	I	H	A	A	F	T	D	S	A	U	E	J	T
I	S	E	C	M	E	V	H	N	L	G	C	Q	I
C	T	A	T	D	C	F	V	R	I	O	D	B	B
H	A	L	E	T	T	U	I	O	E	A	S	M	I
E	N	T	R	L	I	N	B	V	C	A	Z	W	O
A	C	H	I	E	O	C	R	F	V	T	T	X	T
L	E	U	A	M	N	K	L	O	P	P	I	T	I
T	S	F	H	K	N	B	C	S	T	U	T	K	C
H	H	A	N	T	I	F	U	N	G	A	L	L	H
V	W	A	S	H	H	A	N	D	S	T	D	A	V
G	E	R	M	K	G	R	D	V	N	K	O	L	P

Can you find the words hidden in the puzzle?

PUBLIC HEALTH
PREVENTION
RESISTANCE

WASH HANDS
ANTIFUNGAL
ONE HEALTH

INFECTION
GERM
ANTIBIOTIC

BACTERIA
THREAT

U.S. ANTIBIOTIC AWARENESS WEEK

WORD SCRAMBLE

HTATRE	
SARTIESNEC	
BCPLIU HHLEAT	
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HWSA NHADS	
NIOETVREN	
AINNFTUGAL	
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MRGE	
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WORD BANK

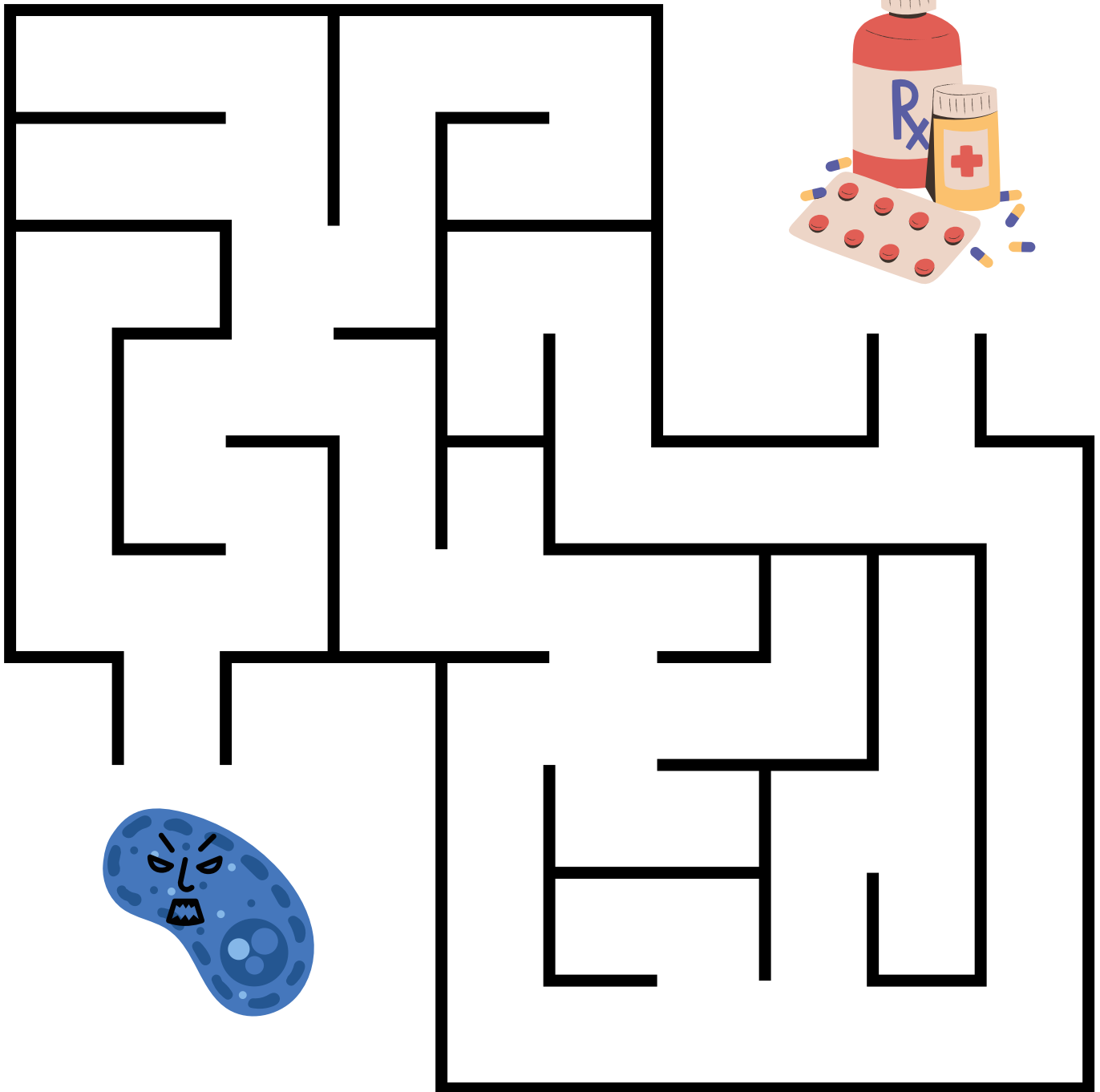
WASH HANDS
ANTIBIOTIC
THREAT
BACTERIA
GERM
RESISTANCE
PREVENTION
INFECTION
ONE HEALTH
ANTIFUNGAL
PUBLIC HEALTH

Ready for a challenge? Unscramble the words
and become an antibiotic resistance detective!



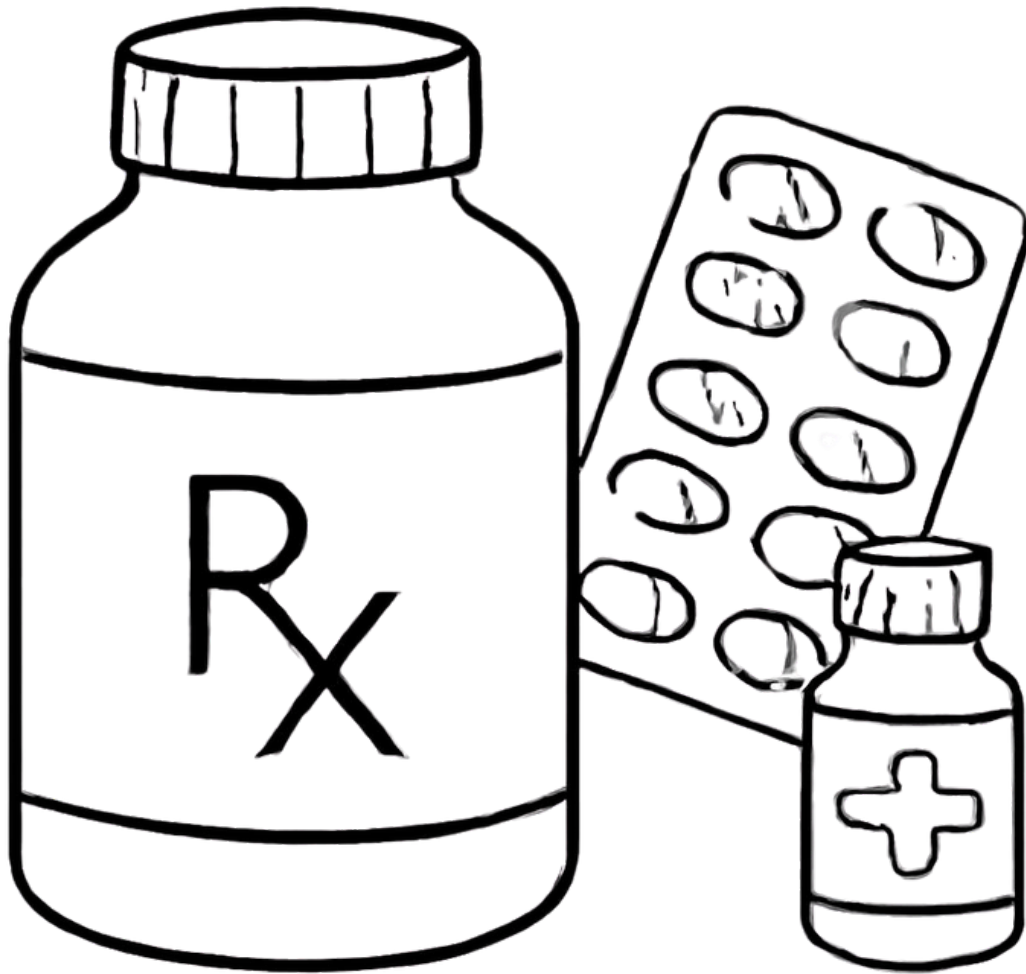
FIND THE BAD BACTERIA!

Lead the antibiotics through the maze to the bad bacteria. Every smart antibiotic choice helps protect us from antibiotic resistance!





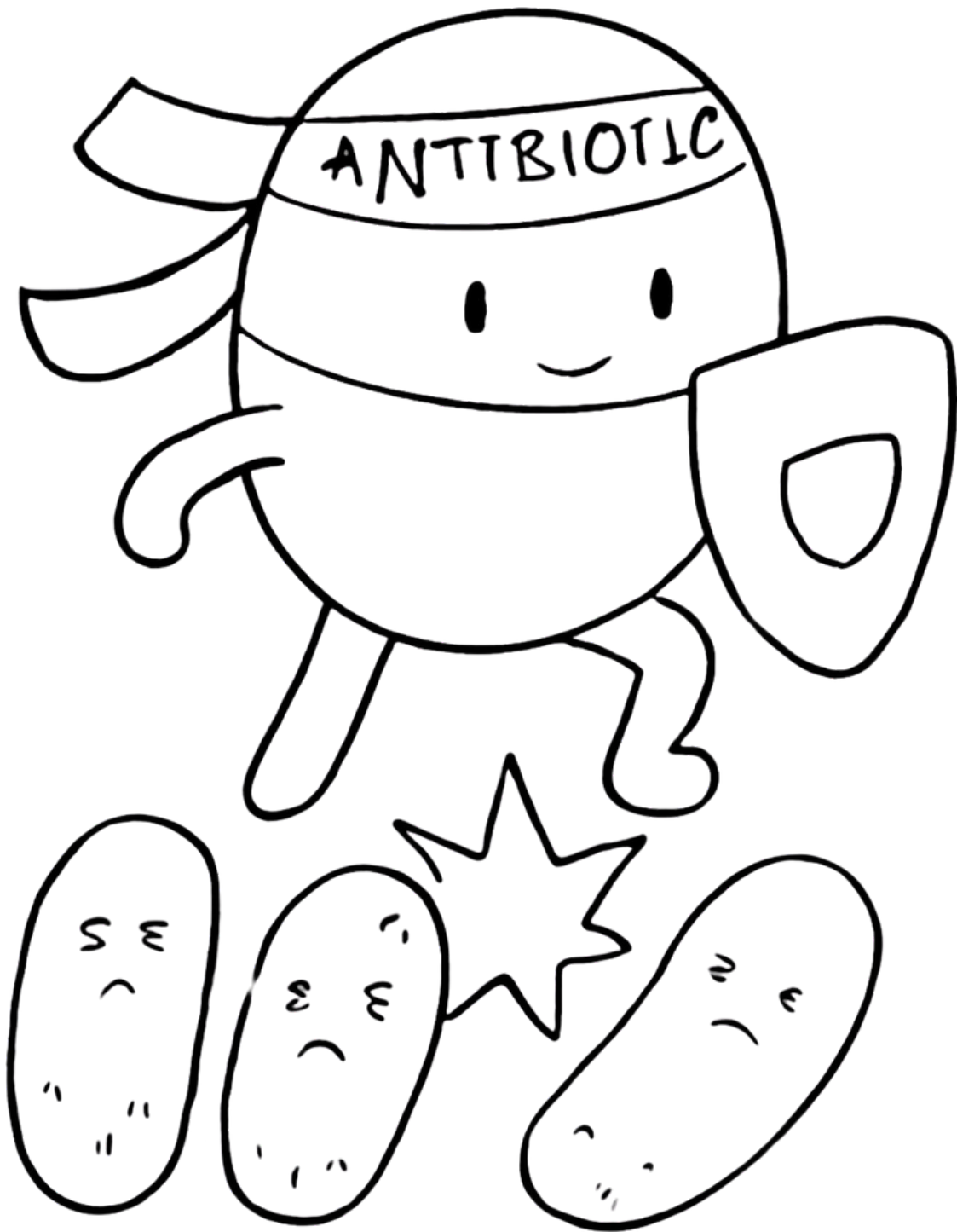
Department of
Public Health
CITY OF PHILADELPHIA



ANTIBIOTIC STEWARDSHIP



As you color remember: antibiotics only work against bacteria, not viral illnesses like COVID-19, the common cold, or flu, and using them the right way helps prevent antibiotic resistance!



Help bring the Super Antibiotic Hero to life! Together, we can protect antibiotics by using them wisely.