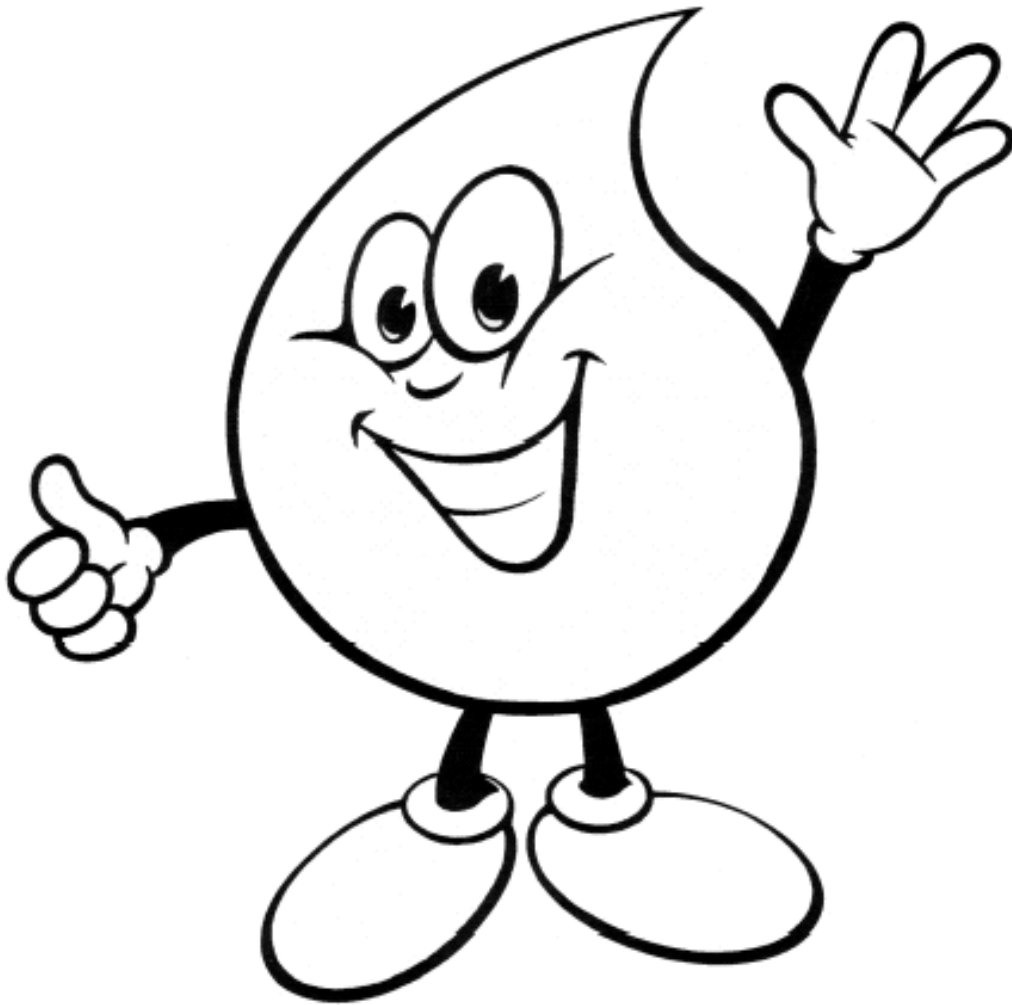


Antibiotic Resistance Activity Kit



PacifiCare[®]

Pharmacy Services, Medical Management
www.pacificare.com

Parents' Corner

Protect Your Family Against Superbugs!

Taking antibiotics when they're not needed helps resistant bacteria to grow. These resistant bacteria can stay in your body or spread to other people. They can cause severe illnesses that are difficult and expensive to treat. Highly resistant bacteria ("superbugs") sometimes cause infections that can't be cured.

Here's what you can do to use antibiotics wisely and protect your family against antibiotic-resistant bacteria:

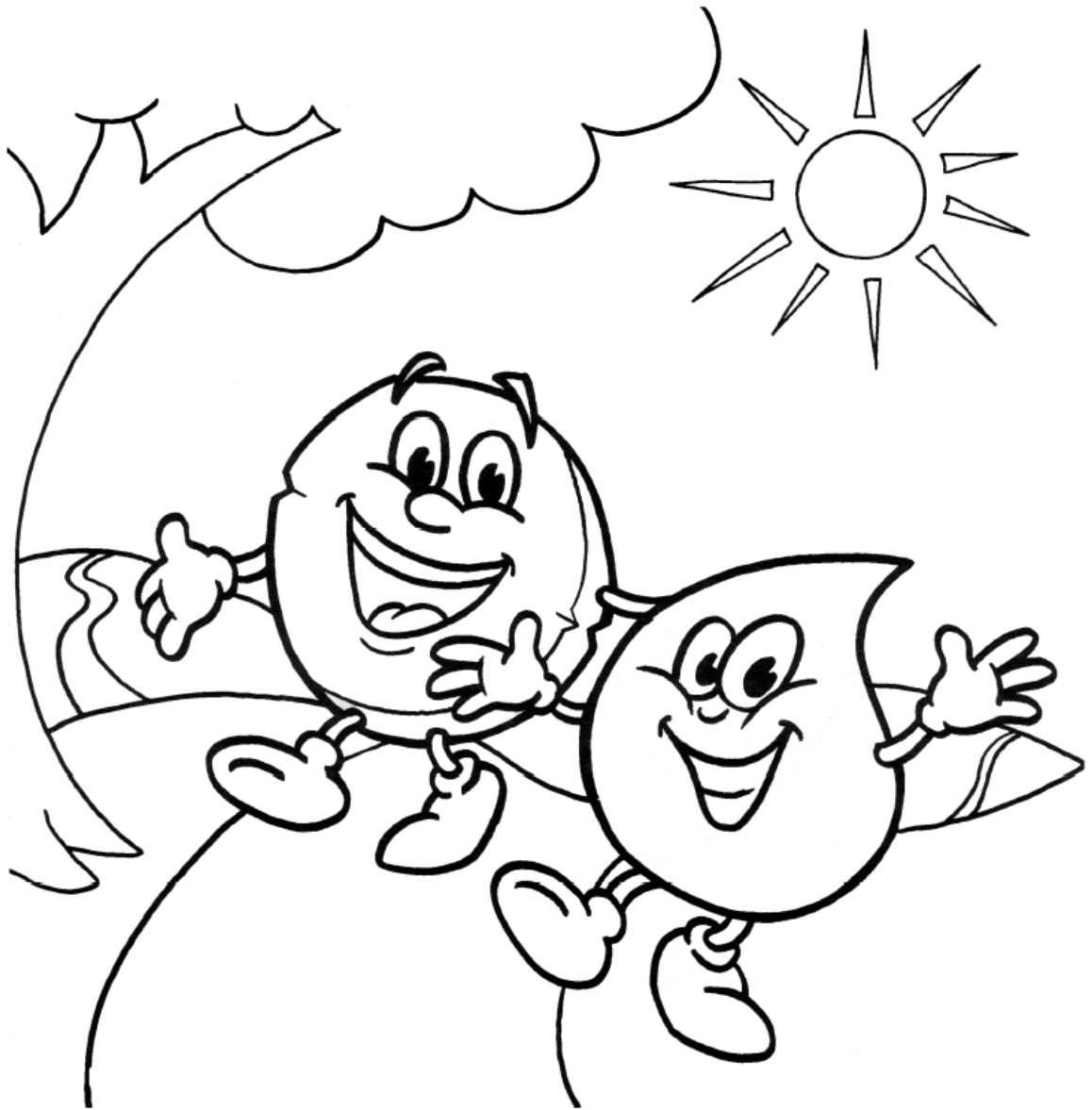
- ✓ Never pressure your health care provider for antibiotics. Taking antibiotics when they're not necessary puts you and your family at risk for developing resistant infections.
- ✓ Don't take antibiotics to treat viral infections like colds or the flu. Antibiotics have no effect against viruses, and can cause serious side effects.
- ✓ If your doctor prescribes an antibiotic, finish the prescription even if your symptoms get better.
- ✓ Never share antibiotics, take leftover antibiotics, or use them without a prescription.

For more information about antibiotic resistance, visit the following websites:

- ❖ www.myhealth24.com/pacificare/atoz/coldflu (Cold and Flu)
- ❖ www.cdc.gov/drugresistance/community (Antibiotic Resistance)
- ❖ www.aware.md (Alliance Working for Antibiotic Resistance Education, AWARE)
- ❖ www.washup.org (Hand Washing)

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Cartoon characters appear courtesy of the Wisconsin Antibiotic Resistance Network (WARN). Find the Antibiotics, Get Well Word Find and Antibiotic Word Scramble are adapted from materials ©2002 Arkansas Foundation for Medical Care. "Antibiotic Maze" is the copyrighted property of the Arkansas Foundation for Medical Care, and may not be reproduced, published, broadcast or distributed without express written permission from AFMC. "Virus and bacteria" cartoon images, handwashing song, and Wash the Germs Away worksheet were created by Cindy Lin, Emiley Chang, and Bly Pope and are courtesy of the California Medical Association, all rights reserved. (Used with permission).



Hi! We're antibiotics. We're a special kind
of medicine that cures infections
like strep throat.

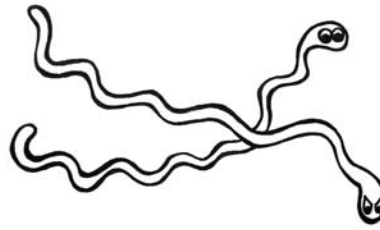
We can't cure colds or the flu.

Virus vs. Bacteria

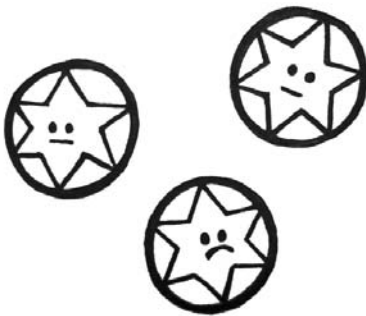
Do you know the difference between a virus and bacteria? Both can make you feel sick, but antibiotics only get rid of bacteria. Color the virus pictures and the bacteria pictures. When you are done, circle the bacteria pictures.



Ear Infection Bacteria



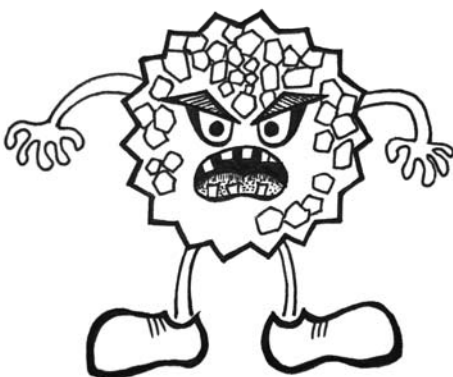
Hepatitis Virus



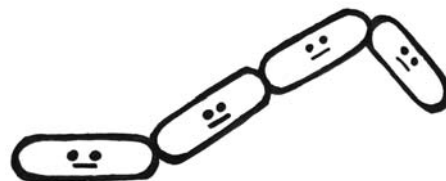
Stomach Flu Virus



Smallpox Virus



Diarrhea Virus



Tuberculosis Bacteria



Tetanus Bacteria



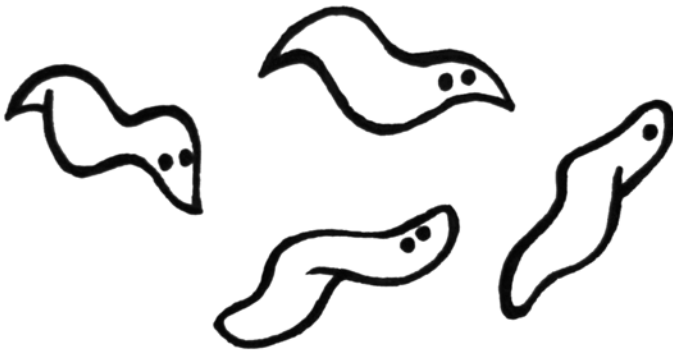
Flu Virus



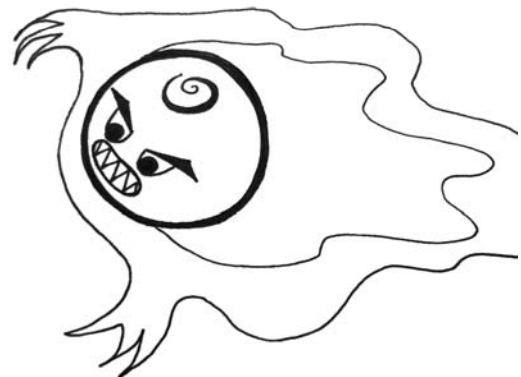
Strep Throat Bacteria



Common Cold Virus

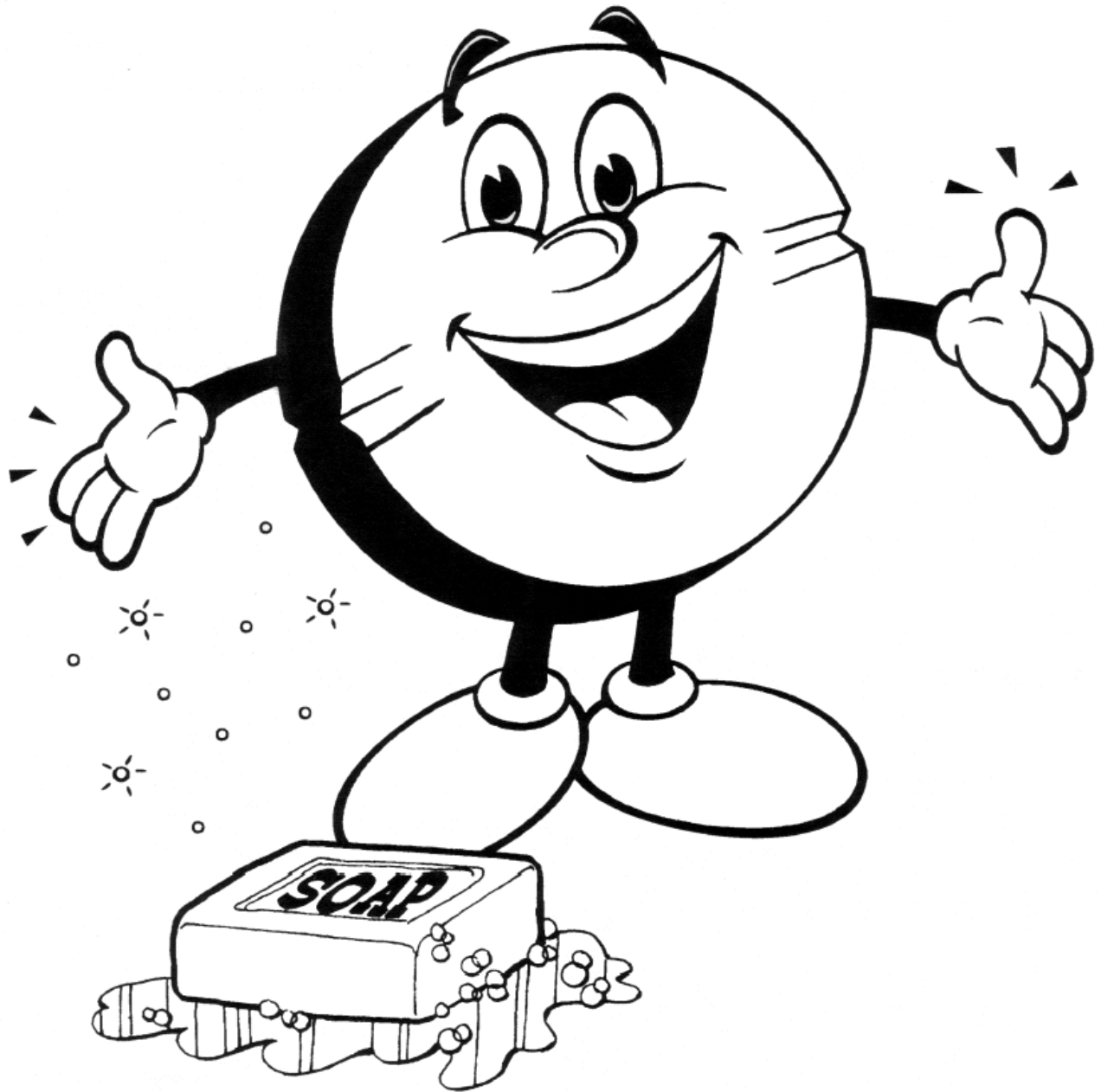


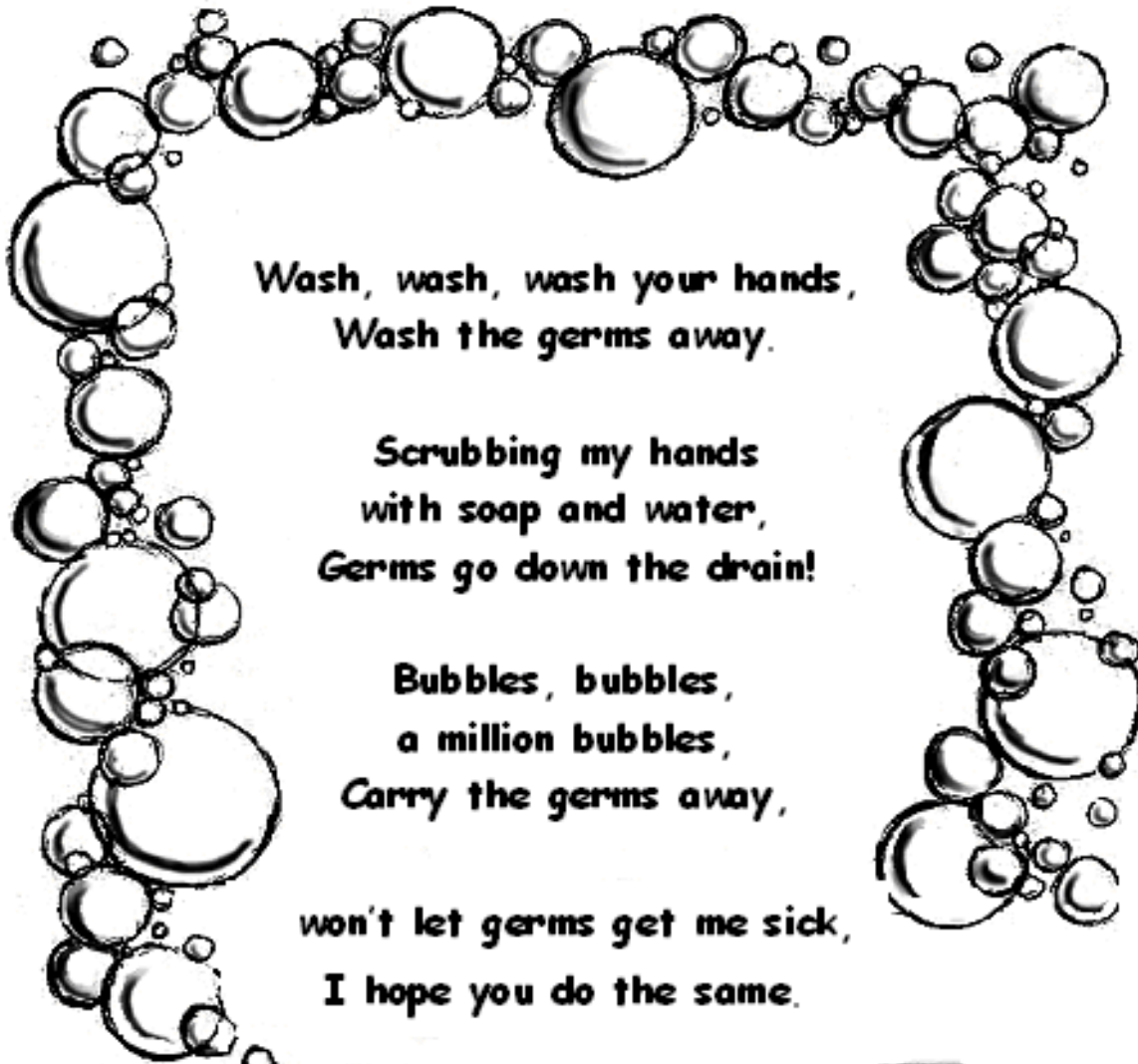
Food Poisoning Bacteria



Chicken Pox Virus

Washing your hands keeps infections away!





**Wash, wash, wash your hands,
Wash the germs away.**

**Scrubbing my hands
with soap and water,
Germs go down the drain!**

**Bubbles, bubbles,
a million bubbles,
Carry the germs away,**

**won't let germs get me sick,
I hope you do the same.**



Sung to the tune of "Row, Row, Row Your Boat"

Wash the Germs Away!

WORD BANK

ANTIBIOTICS
HANDS

BACTERIA
PRESCRIPTION

EYES
VIRUS

GERMS
WASH

1. _____ are everywhere! Because germs can be found on your _____ s it is important to _____ them often.



2. Two types of germs that can make you sick are called a b _____ and a v _____. Germs come in many different shapes, and they are too small to see with your _____.

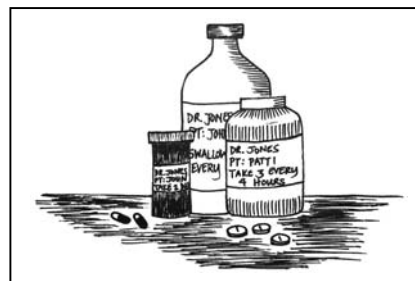
3. Name a few times when you should always wash your hands. After

_____, _____, &

_____.

Before _____ &

Before



4. If you are sick, your doctor may give you a p r e _____ for _____ b I o _____.

Never share your own antibiotics with anybody else and always finish prescriptions as directed by your doctor and under adult supervision. Never take medicine on your own!

GET WELL WORD FIND

CAN YOU FIND THE WORDS BELOW

ANTIBIOTIC
BACTERIA
BUG
COLD
COUGH

FLU
GERM
INFECTION
LIQUIDS
MEDICINE

SICK
SOAP
WASH
YUCK

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

Solution: Antibiotic Word Scramble

1. doctor
2. cough
3. bacteria
4. colds
5. antibiotic
6. healthy
7. germ
8. sick
9. resistance
10. Wash your hands!

ANTIBIOTIC WORD SCRAMBLE

Unscramble the words below and help antibiotics do their job against bacteria (not viruses!)

1. DTRCOO

2. GOHUC

3. TRICABAE

4. SLDOC

5. BATNIIOCIT

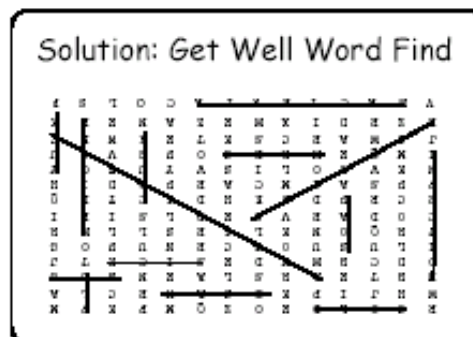
6. LTEAHYH

7. MERG

8. KSCI

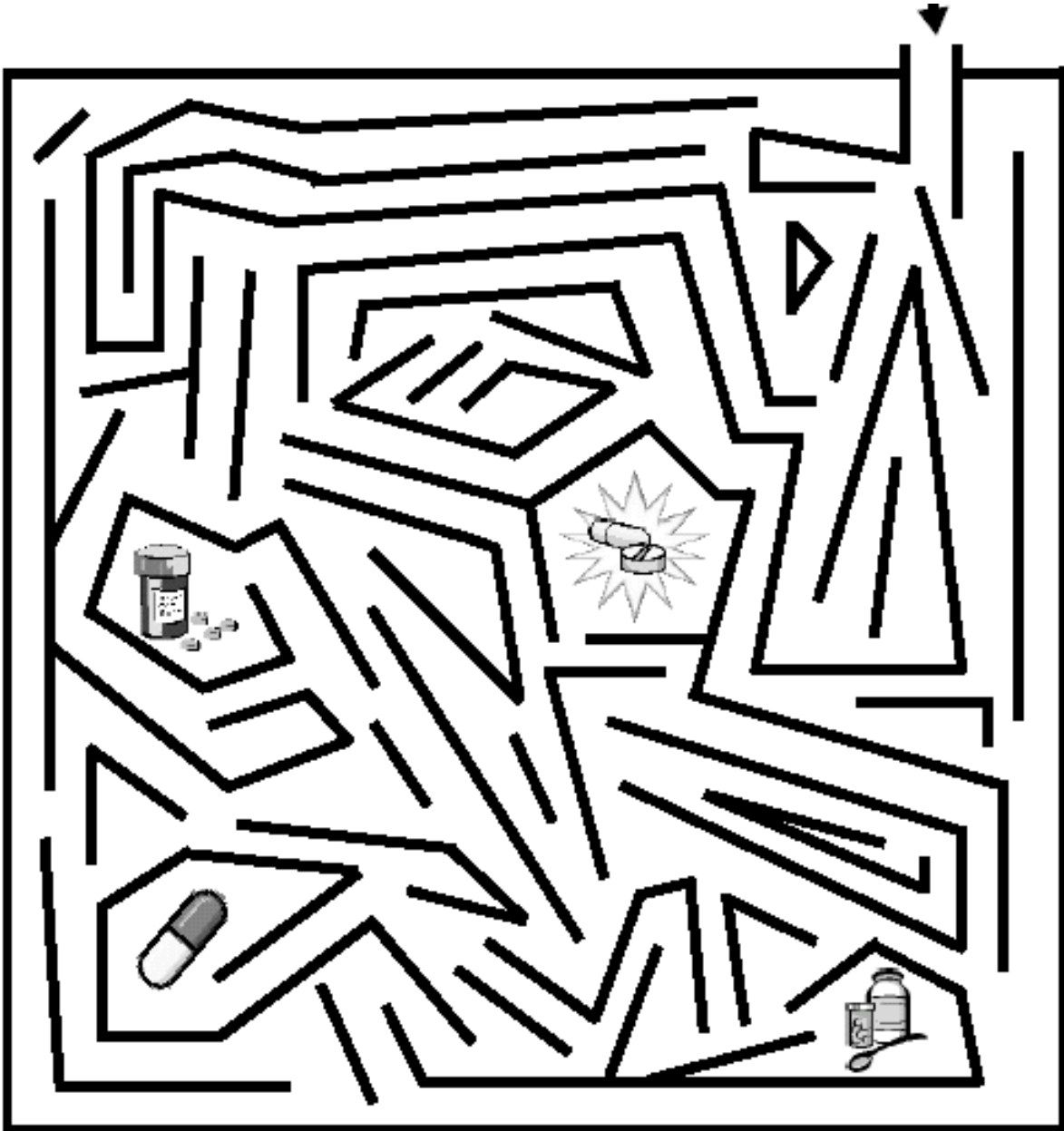
9. NCEISISRETA

10. HAWS ORUY SNDAH



FIND THE ANTIBIOTICS

Billy needs to take all of his medicine to make sure his infection is gone. Help him find all of his antibiotics so he can get well.



Thank you to the following organizations for contributions or support of this Antibiotic Resistance Activity Kit

PacifiCare[®]



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