



**BE
ANTIBIOTICS
AWARE**
SMART USE, BEST CARE

**U.S. ANTIBIOTIC
AWARENESS WEEK**
November 13-19, 2017
www.cdc.gov/antibiotic-use

November 13- 17 is International Antibiotics Awareness Week!

The International Antibiotic Awareness Week raises attention to the appropriate use of antibiotics and the spectrum of growing antimicrobial resistance. We privileged to work in public health take steps every day to help our fellow New Hampshire residents. This week, let's renew our commitment to take the steps that reduce the development of antimicrobial resistance, preserving antimicrobial agents for when you and those you care about truly need them.

Here are steps YOU can take today to reduce antibiotic resistance!

- Wash your hands with soap and water or alcohol based hand rub
- Use antibiotics only as prescribed, do not save them for later or share with others
- Do not request antibiotics if your physician does not think you need them
- Ask if lab cultures and antibiotic sensitivity tests are being completed to ensure you are taking the best antibiotic possible when being treated
- Stay up to date with all vaccines

You have an important role as a healthcare provider to improve patient health and fight antibiotic resistance

To help your facility be more antibiotic aware, you can immediately develop or improve your antibiotic stewardship program and provide educational resources in your public spaces.

Antimicrobial stewardship refers to a collective group of activities with the goal to encourage judicious use of antibiotics, reduce antimicrobial resistance, and decrease the spread of multidrug resistant organisms to ultimately improve patient outcomes. Some actions require few resources but can have a large impact (e.g., hand washing), while others may require more financial or technical support (e.g., gathering information on how antibiotics are being used). Regardless, every step to initiate an antimicrobial stewardship program or improve upon guidelines already in place is a step in the right direction.

Here are some guidance in how to implement your facility stewardship program:

[CDC Core Elements of Outpatient Antibiotic Stewardship](#)

[CDC Core Elements of Hospital Antibiotic Stewardship Programs](#)

[CDC Core Elements of Antibiotic Stewardship for Nursing Homes](#)

The CDC has developed large array of resources for U.S. Antibiotics Awareness Week that may be useful in your facility! Please explore and take advantage of those resources here:

<https://spark.adobe.com/page/pd0u80TFAsq6G/>



Please enjoy the this collection of short video clip's to brush up or learn more about antimicrobial resistance:

- CDC, 5 Things you can do to be responsible for your antibiotic use, 2:32 minutes - https://www.youtube.com/watch?v=D_vRYhEKAKA&feature=youtu.be
- What you can do to prevent antibiotic resistance, Health Canada, 2:29 minutes - <https://www.youtube.com/watch?v=aOO7vDMwHwY>
- PBS explanation of the rise of "super bugs", 7:23 minutes - <https://www.youtube.com/watch?v=fyRyZ1zKtyA>
- "The Antibiotic Apocalypse", an explanation of the rise of antibiotic resistant bacteria, and the importance of animal health, 5:57 minutes - <https://www.youtube.com/watch?v=xZbcwi7SfZE>
- British National Health Services singing pill's campaign, 0:30 minutes - <https://www.youtube.com/watch?v=zTbLai2GaQM>

Social Media Activities

You can also follow our Facebook postings by following "NH Public Health Services" and our tweets @NHPubHealth throughout the week. Also be on the lookout for our slider on the DHHS website front page leading to our new antimicrobial resistance page.

For more information about the New Hampshire Healthcare Associated Infections (HAI) program and our work in combatting antimicrobial resistance, please see our HAI program website:

<https://www.dhhs.nh.gov/dphs/cdcs/hai/index.htm>. If you have any questions or would like to learn more about our programs, reach out to [Hannah Leeman](#) and/or [Carly Zimmermann](#).

Antibiotic's Quiz! Click below to test your knowledge about antibiotics

