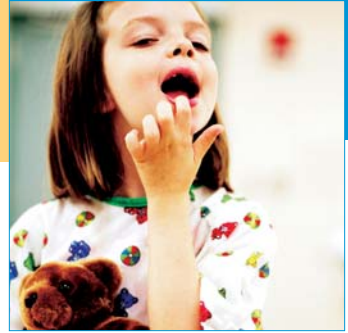


Plan Logo

Variable Information

Antibiotics and
your child's health

Bugs That Need Drugs: All About Bacterial Infections



What is a bacterial infection?

There are two types of respiratory infections – bacterial and viral.

Viruses cause colds, coughs, and the flu.

Sometimes a bacterial infection can form when your child has a cold or the flu because the body is “worn out” and unprotected from other illnesses.

When your child needs antibiotics

Antibiotics can cure bacterial infections, but they never help viruses.

Antibiotics are very strong medicines. They should only be used to treat bacterial infections like acute ear infections, strep throat, pneumonia, and sinusitis.

When your child is on an antibiotic, always give the antibiotic for as long as your doctor tells you to – even if your child feels better – or the infection could come back. Do not share your child's medicine with anyone else. If your child doesn't get better over time, be sure to follow up with your doctor.

Staying healthy all year long

- Feed your children healthy foods
- Make sure they get plenty of sleep
- Give them plenty of water to drink

Stopping the spread of germs

- Make sure your children's hands are washed often – especially after blowing their noses
- Wash your children's toys before and after sharing them with others
- Teach your children to cover their mouths and noses (using a tissue is best) when sneezing and coughing
- Don't let your children share personal items such as cups, glasses, forks, spoons, or toothbrushes

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

Find these healthy words in the scramble*:

Exercise
Fruit
Health
Water
Nutrition
Relax
Sleep
Tissues
Vitamins
Wash hands

*Words can be found forwards, backwards, up, down, and diagonally.

Knock, knock.

Knock, knock.
 Who's there?
Hutch.
 Hutch who?
Bless you!

Knock, knock.
 Who's there?
Anita.
 Anita who?
Anita tissue!

Knock, knock.
 Who's there?
Stan.
 Stan who?
Stan back—
I have to sneeze!

My bug needs no drug

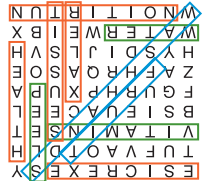


Why was the nose tired?

Answer: Because it kept running!

It's important to always follow your doctor's instructions. The health information on this sheet is not a substitute for medical care. If you have any questions after reading this sheet, please talk to your doctor or your healthcare professional.

This material is sponsored by Abbott Laboratories to help the public learn more about the appropriate use of antibiotics.



Answers:

