

ACTIVITY BOOK



**GUARD AGAINST
Antibiotic Overuse**



Use Antibiotics Wisely!



Design the mascot for the Nebraska Antibiotic Resistance Awareness and Action Coalition (NARAAC).

See inside for details.

Parents' Information to Guard Against Antibiotic Overuse

- ✓ 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.

About Nebraska Antibiotic Resistance Awareness and Action Coalition (NARAAC)

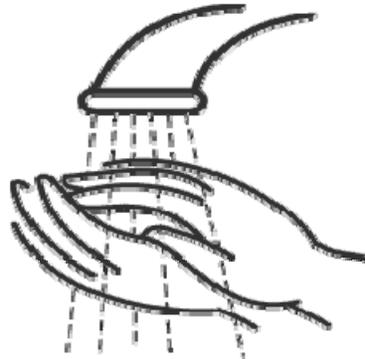
NARAAC consists of a group of concerned doctors, nurses, pharmacists, and others who are dedicated to preserving the power of antimicrobial drugs so they will be effective when you, I or our children need them. For more information about how you can help NARAAC call (402)-471-0935.



HANDWASHING GUIDE

Turn off faucet with towel NOT your hands

STEP 1: WET HANDS
WITH WARM WATER



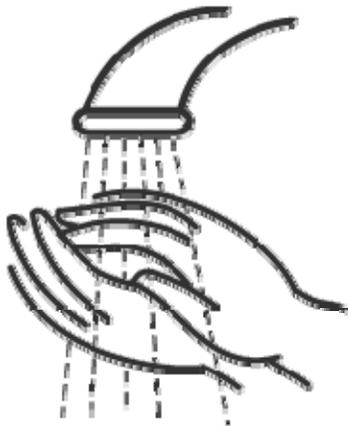
STEP 2: PUT SOAP
ON HANDS



STEP 5: DRY HANDS

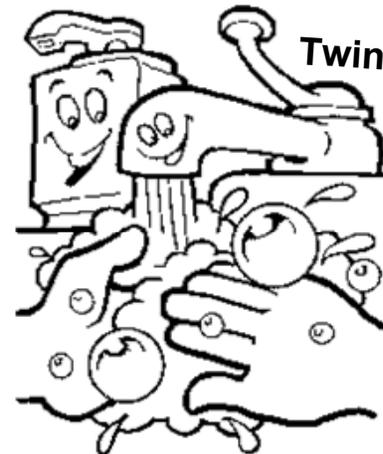


STEP 4: RINSE YOUR HANDS



WASH Wrists,
Between Fingers,
Under
Fingernails,
Backs of Hands

STEP 3: SCRUB, SCRUB,
SCRUB FOR 20 SECONDS



SING
Twinkle, Twinkle Little Star



USE ANTIBIOTICS WISELY! WORD SEARCH

Find the words hidden below:

ANTIBIOTIC
RESISTANCE
WASH HANDS

BACTERIA
VIRUS
HEALTH

INFECTION
GERMS
FLU

MICROBES
COMMON COLD
SOAP AND WATER

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



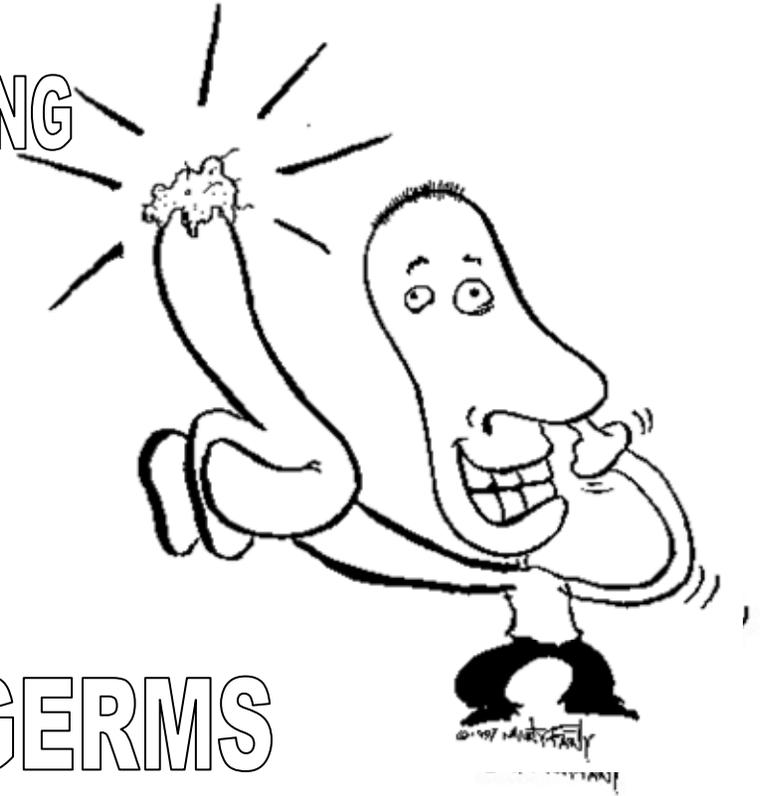
HANDWASHING CHECKLIST:

☺ AFTER COUGHING OR SNEEZING

☺ AFTER USING THE TOILET

☺ AFTER TOUCHING ANIMALS

☺ AFTER PLAYING

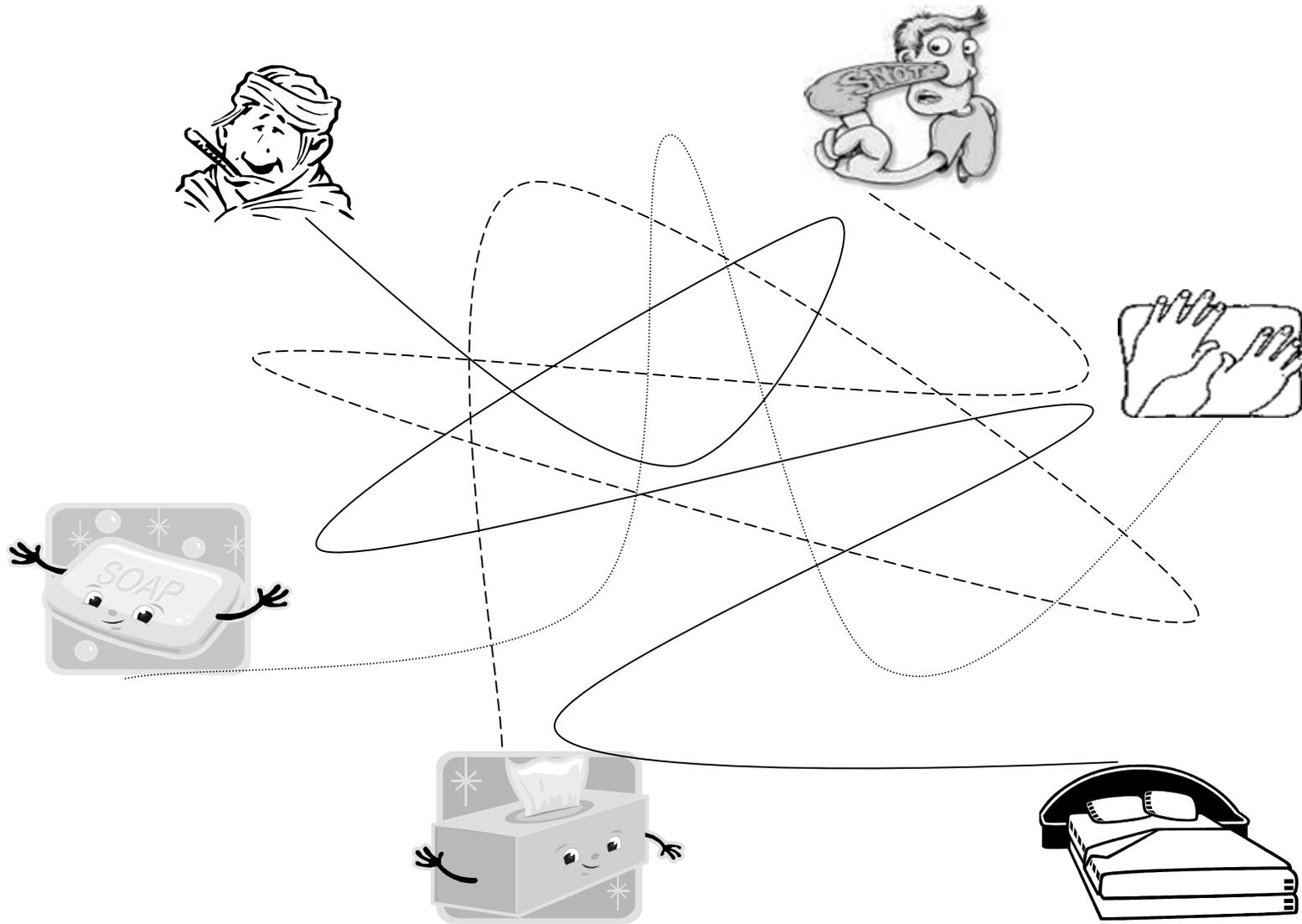


GERMS

GERMS



GERMS



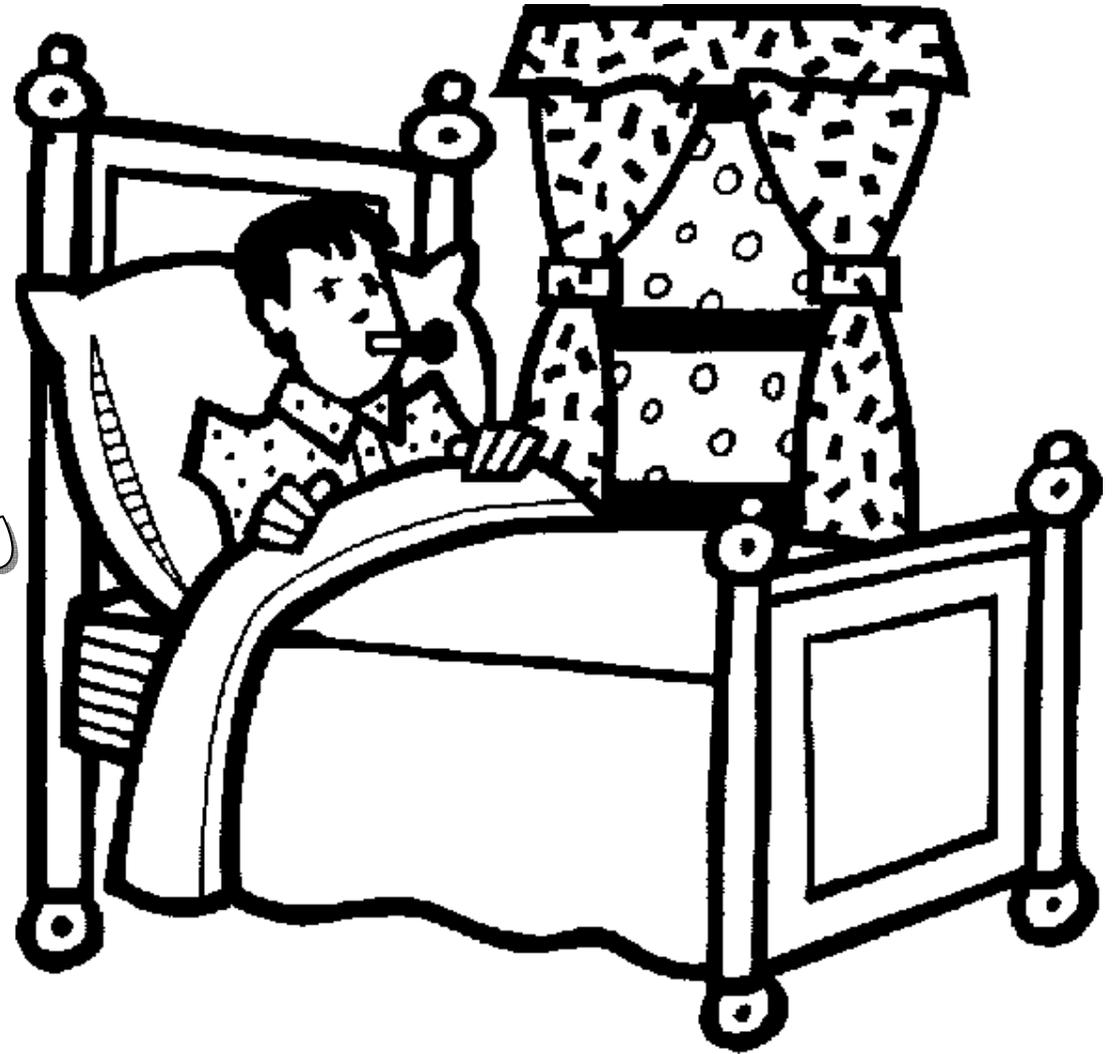
Trace the path to find the appropriate action for:

 Being sick with a cold or the flu

 Having dirty hands

 Having a runny nose

Antibiotics Don't Work On Colds and Flu



VIRUS=NO ANTIBIOTIC

A B C D E F I K L N O R S T U V Y

¶ كك ☺ ≠ ☀ ¶ # ⬡ 🕌 Ⓜ ↔ ∑ 🎵 • ? 🏠 Ⓜ

MATCH THE SYMBOL WITH THE LETTER FOR AN EXCITING MESSAGE

¶ Ⓜ • # كك # ↔ • # ☺ 🎵 ⬡ # 🕌 🕌

Ⓜ ¶ ☀ ☺ • # ↔ Ⓜ 🎵 ☺ ¶ ? 🎵 ☀ ≠

كك Ⓜ كك ¶ ☺ • ☀ ∑ # ¶ Ⓜ ↔ •

🏠 # ∑ ? 🎵 ☀ 🎵



Design the NARAAC Mascot

NARAAC needs a mascot to help tell all the children in Nebraska to make sure to stay healthy by washing hands, covering coughs, and not using antibiotics for a cold or the flu. *Can you help?* Draw a picture of your idea for a mascot. Then all you have to do is fold this page as directed, stamp and send it.

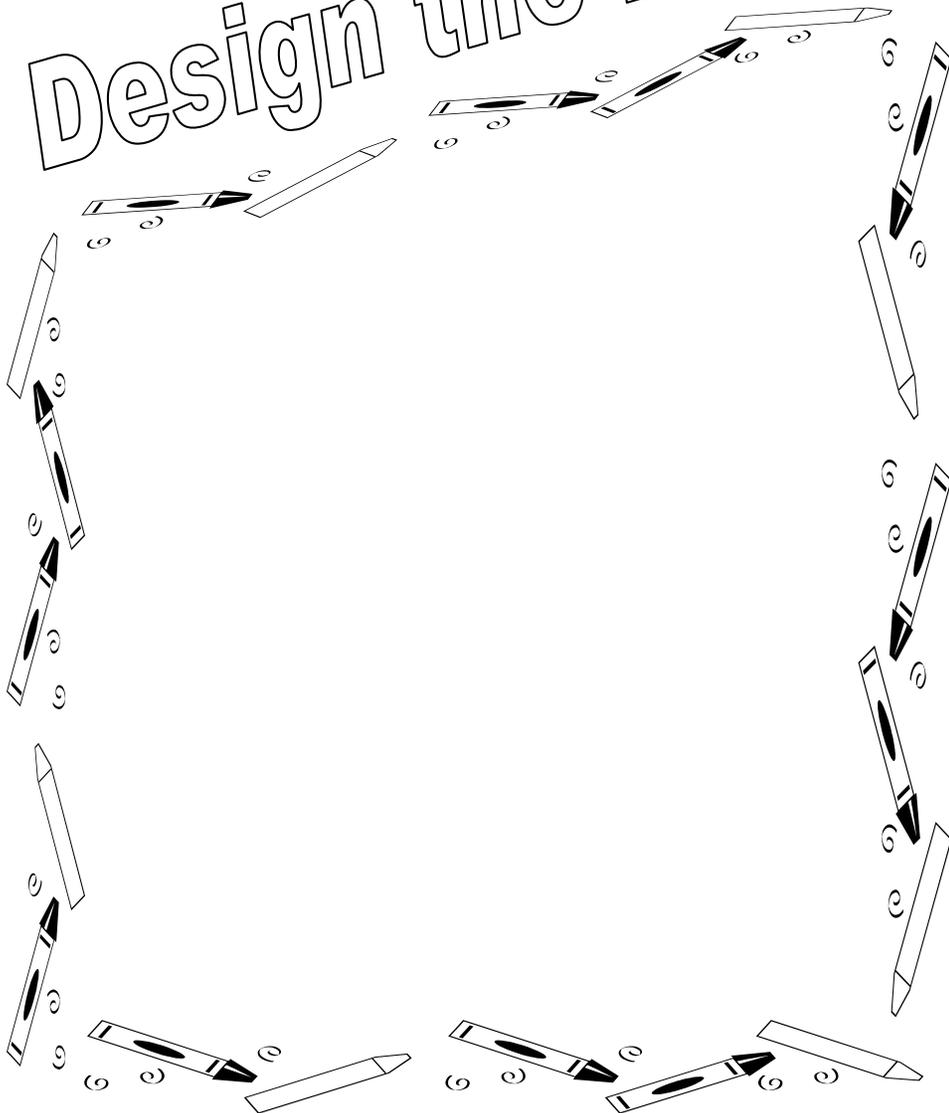
HAVE FUN!!

Mascot's Name: _____

Your name: _____

Your address: _____

Your phone number: _____





cut

fold



cut

NARRAAC
P.O. Box 95007
Lincoln, NE 68509

fold



cut

Learn about antibiotic resistance by tracing the words below.



Colds, flu, most sore throats and
bronchitis are caused by viruses.
Antibiotics do not help fight viruses,
and they may do more harm than
good: taking antibiotics when they
are not needed increases the risk of
a resistant infection later.

USE ANTIBIOTICS WISELY!

For More Information About the Overuse of Antibiotics or
to Obtain Additional Activity Books

Please Contact:

NARAAC

P.O. Box 95007

Lincoln, NE 68509

Phone: 402-471-0935

Fax: 402-471-3601

Email: ar@hhss.ne.gov

NEBRASKA HEALTH AND HUMAN SERVICES SYSTEM



DEPARTMENT OF SERVICES • DEPARTMENT OF REGULATION AND LICENSURE • DEPARTMENT OF FINANCE AND SUPPORT

