

What you can do:

- 1 If you are being prescribed antibiotics, ask your doctor or dentist about the best option for you.
- 2 If prescribed antibiotics, discuss with your doctor side effects and interactions with other medications.
- 3 Always follow your doctor or pharmacist's directions on how to take antibiotics.

DID YOU KNOW...

OVERUSE
and **MISUSE**
of antibiotics have
LONG-TERM IMPACTS
for you, your family, and
future generations.

BE ANTIBIOTIC WISE.

Talk to your doctor the next time you are prescribed antibiotics.

To learn more, visit

antibiotic
wise.ca



ANTIBIOTICS & ADULTS OVER 65

THINGS
you need to
KNOW...



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DID YOU KNOW...

Adults over 65 are prescribed

1.5 X MORE
antibiotics than the
AVERAGE CANADIAN?

Antibiotic overuse and misuse is causing big problems.

Antibiotics are the most common treatment for bacterial infections. They don't work for viral infections like colds or flu. Antibiotic resistant bacteria develop if you take antibiotics when you don't need them. When these bacteria spread, it undermines modern medicine.

Bacteria adapt over time and become resistant to drugs designed to kill them. When we misuse antibiotics, they adapt faster. Antibiotic resistance means that common illnesses or injuries, even minor cuts, can become life-threatening. When the antibiotics we have don't work, it affects everyone. This means you and your family are more at risk of drug-resistant infections.

Why should adults over 65 be concerned?

Adults over 65 are more likely to have an infection. They may have weakened immune systems or live in a care facility in close contact with others who may be ill.

As well, adults over 65 may visit healthcare settings like hospitals more often. Infections can spread easily in these settings. Antibiotics may also interact with medications adults over 65 are already taking.

Most **COMMON** bacterial infections among **ADULTS OVER 65:**
Urinary tract infections (UTI)
Skin infections
Upper respiratory infections

Antibiotics are **NOT NEEDED** for most upper respiratory and skin infections, but pneumonia or UTI **MAY** require antibiotics.

Antibiotics **DO NOT WORK** for **COLDS OR FLU.**



Reduce the spread of infections to help yourself and others.

These tips are for everyone:

- 1 Wash your hands often with regular soap and water.
- 2 Clean common surfaces with regular cleaner and water – you don't need antibacterial soap for household cleaning!
- 3 Store, handle and prepare food safely.
- 4 Sneeze into a sleeve or tissue to avoid spreading germs.
- 5 Stay active and develop healthy habits to keep your immune system strong.