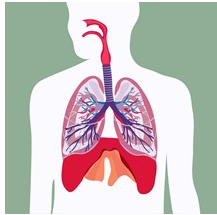


## Quick Facts

### Common Respiratory Illnesses:

- **Flu/Common Cold:** Lasts 7 to 14 days
- **“Sore Throat” (Pharyngitis):** Lasts 5 to 7 days
- **“Cough” (Bronchitis):** Lasts 2 to 14 days; Cough can last 3 to 4 weeks
- **“Sinus Infection” (Sinusitis):** Lasts 10 to 14 days
- **“Ear Infection” (Otitis Media):** Sharp pain is usually gone in 1 to 3 days



#### Viral Symptoms Can Include:

- Headache
  - Fever
  - Cough
  - Sore Throat
  - Runny/Stuffed nose
  - Fatigue
  - Vomiting and Diarrhea
  - Ear Pain
  - Cramping (Body Aches)
- Up to **90%** of common respiratory illnesses are caused by **VIRUSES**
  - Antibiotics do **NOT** treat viral infections and may even **cause harm** due to side effects



The Antimicrobial Stewardship Program is an interdisciplinary collaboration of health care professionals that promotes the optimal use of antibiotics by choosing the **right drug**, with the **right strength (dose)**, the **right length of therapy (duration)**, and the **right method of treatment (route; e.g., i.v. or pill)** to treat a bacterial infection.

#### Ask us a question:

[antimicrobial.stewardship@saskhealthauthority.ca](http://antimicrobial.stewardship@saskhealthauthority.ca)

#### Visit our website at:

[www.rqhealth.ca/asp](http://www.rqhealth.ca/asp)

For further health concerns, call:



Spring 2018



*Right Drug*

*Right Dose*

*Right Duration*

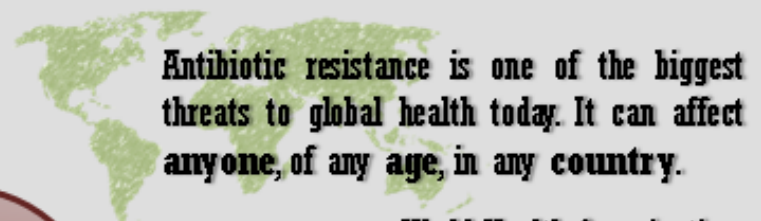
*Right Route*



Saskatchewan  
Health Authority

# ANTIMICROBIAL STEWARDSHIP

Stopping Bugs. Saving Drugs.



Antibiotic resistance is one of the biggest threats to global health today. It can affect anyone, of any age, in any country.

- World Health Organization

**ANTIBIOTIC**

**YES** Bacterial Infections  
Pneumonia – Strep Throat  
– Urinary Tract Infection –  
Skin Infection

**NO** Viral Infections  
Flu – Common Cold – Sinus  
Infection – Bronchitis/Cough –  
Sore Throat

30%-50%  
of antibiotic  
prescriptions  
are  
**unnecessary**



## What can you do?

Understand that antibiotics do **NOT** treat viral infections.

**Wash your hands regularly.**

Hand washing can prevent 30% of diarrhea-associated illness and 20% of respiratory illness.



**Take antibiotics correctly.**

Take antibiotics as prescribed and do **NOT** share antibiotics with others or use old prescriptions.

Antibiotics do **NOT** treat  
Viral Infections

## Consequences of Inappropriate Antibiotic Use:

### Antibiotic Resistance

Antibiotic resistance occurs when bacteria change so that antibiotics stop working.

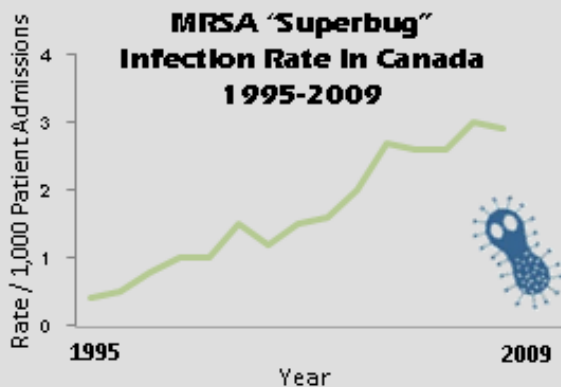
Antibiotic resistance limits treatment options for bacterial infections and can create "superbugs" - bacteria that are resistant to many antibiotics.

### Side Effects

Antibiotics can have side effects including **upset stomach**, **nausea**, **diarrhea** (including *C. difficile*-associated diarrhea) and **rash**.

Saskatchewan is the 2<sup>nd</sup>  
**HIGHEST** user of community  
dispensed antimicrobials\* in  
**Canada**

\*antibiotics, antimycotics, and antivirals provided outside of a hospital



**ANTIBIOTIC RESISTANT INFECTIONS WILL BE THE #1 CAUSE OF DEATH IN 2050, IF WE DON'T MAKE CHANGES TO OUR USE OF ANTIBIOTICS NOW**

