

## Staff Huddle: What are antibiotics? Week #1

- "Antibiotics are medicines that target infections caused by bacteria in humans and animals by either killing the bacteria or making it difficult for the bacteria to grow and multiply<sup>1</sup>."
  - Where is the risk? Bacteria live in and on the body, often causing no illness. Some bacteria like streptococcus cause strep throat and can lead to an infection.
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## Staff Huddle: What are antibiotics used for? Week #2

- Some illnesses that antibiotics target include strep throat, urinary infections, and whooping cough.
  - Antibiotics do not target viral infection such as the common cold or flu, even with green or thick yellow drainage.
    - Prescribing during viral infections can often lead to antibiotic resistance.
  - Antibiotics often don't help sinus infections or ear infections.
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## Staff Huddle: Patient Education: Week #3

- Educate patients on how long they are going to take antibiotic course.
  - Educate patients on getting plenty of rest and fluids and taking any over the counter medication that can be used to help symptoms.
  - Provide instructions for follow-up medical care and what to do if symptoms worsen.
  - Remind patients to take entire medication course exactly as prescribed.
  - Educate patients to never take left-over antibiotics previously prescribed or prescribed for another patient.
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## Staff Huddle: Antimicrobial Resistance: Week #4

- Antimicrobial resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.
- Some things we can remind patients are:
  - Keep up to date on vaccinations.
  - Clean your hands.
  - Be aware of health changes.
    - If an infection isn't stopped, it can lead to additional complications like sepsis, a life-threatening medical emergency.
- Ask your providers if antibiotics are appropriate and how to feel better if antibiotics are not used.

For more information antibiotics and related Project Firstline materials, see References below:

1. [Germs Live in and on the Body | Project Firstline | Infection Control | CDC](#)
2. [Antibiotic Do's & Don'ts | Antibiotic Use | CDC](#)
3. [BAA-Hospital-Discharge-Flowchart-P.pdf \(cdc.gov\)](#)
4. [What is Sepsis? | Sepsis | CDC](#)
5. [Improving Antibiotic Use \(cdc.gov\)](#)
6. [Healthcare-Training-RecognizingRiskTK-S1-Slides-508.pptx \(live.com\)](#)