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Established in 1945, DuPage County Health Department promotes physical and emotional health; prevents illness injury and disability; protects health from environmental risk factors, and strives to assure the provision of accessible, quality service.

November 18, 2019

FOR IMMEDIATE RELEASE

DuPage County Health Department Advises Patients and Their Families to Be Antibiotics Aware

DUPAGE COUNTY—Kicking off U.S. Antibiotic Awareness Week November 18-24, DuPage County Health Department (DCHD) joins the Centers for Disease Control and Prevention (CDC) in encouraging patients, families and healthcare professionals to *Be Antibiotics Aware* by learning about safe antibiotic prescribing and use.

Public health officials are advising patients and their families to use antibiotics only when necessary to further reduce antibiotic resistance, the spread of superbugs and protect patients from side effects from antibiotics. During U.S. Antibiotic Awareness Week and throughout the year, CDC and DCHD promote *Be Antibiotics Aware*, an educational effort to raise awareness about the importance of safe antibiotic use.

The *Be Antibiotics Aware* initiative educates the public and healthcare professionals about when antibiotics are needed, when they are not, how to take antibiotics appropriately and potential side effects of antibiotics.

CDC encourages everyone to:

- Get the facts about antibiotics. Antibiotics do not work on viruses, such as those that cause colds, flu, bronchitis, or runny noses, even if the mucus is thick, yellow or green. When antibiotics aren't needed, they won't help you, and the side effects could still hurt you.
- Ask your doctor, nurse, or pharmacist about the best way to feel better.
- While your body fights off a virus, pain relievers, fever reducers, saline nasal spray or drops, warm compresses, liquids and rest can help you feel better.
- If you need antibiotics, take them exactly as prescribed. Talk with your doctor if you have any questions about your antibiotics.
- Talk with your doctor if you develop any side effects, especially severe diarrhea, since that could be a *Clostridioides difficile* (*C. difficile* or *C. diff*) infection, which needs to be treated.

-More-

- Do your best to stay healthy and keep others healthy by:
 - cleaning your hands,
 - covering your cough,
 - staying home when sick, and
 - getting recommended vaccines, such as the influenza (flu) vaccine.

Patients, families and healthcare professionals are encouraged to use the educational resources and learn more about *Be Antibiotics Aware* by visiting: www.cdc.gov/antibiotic-use/.

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