

**Media Inquiries:**

Don Bolger  
Public Information Officer  
☎ (630) 221-7374

**DuPage County  
Board of Health**

Lanny Wilson, M.D.  
Vice President

John Novak  
Treasurer

Melinda Finch  
Nadeem N. Hussain, M.D.  
Robert Larsen, J.D.  
Lawrence J. Schouten, M.D.  
Robert Spadoni, J.D.  
Charlie A. Thurston  
Sam Tornatore J.D.  
James P. Weeks, D.D.S.

Karen Ayala, M.P.H.  
Executive Director

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 9, 2018

**FOR IMMEDIATE RELEASE**

## **DuPage County Health Department joins CDC advising patients and their families to Be Antibiotics Aware**

**DUPAGE COUNTY**—Kicking off U.S. Antibiotic Awareness Week November 12-18, DuPage County Health Department 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 promotes *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.

**-More-**

**-Page 2-**

- 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.
- 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: <https://www.cdc.gov/antibiotic-use/>.

###