

WHY...?

How long...?

How...?

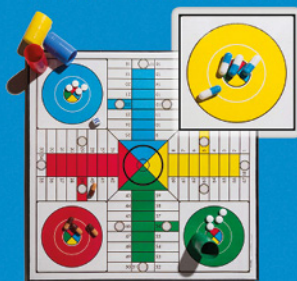
WHAT...?

HELP!

# Antibiotics

Using antibiotics  
in paediatric  
infections

Tomar Antibióticos



No es un juego



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# What are antibiotics?

Antibiotics are medicines that work against bacteria by destroying them or preventing their reproduction. Antibiotics also cure any infection by bacteria. Some bacteria are immune to the effect of antibiotics. This process is called resistance. Resistance to antibiotics is due to antibiotics misuse, which means that infections are increasingly more difficult to treat.

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**THEY DON'T.** Bacteria and viruses cause infections, but **antibiotics only work against bacterial infections.** Antibiotics do not work against virus infections (cold, flu, cough, bronchitis, sore throat...). Taking antibiotics when they are not needed can do more harm than good.

**Every time someone takes antibiotics, the chances of bacteria becoming resistant improve.** In the future, your child (or you) could catch or spread a disease that can no longer be treated by antibiotics.

**Do antibiotics work against all infections?**

Virus infections (such as cold, flu, etc.) are cured by treating the symptoms and **we will only use medicines to alleviate symptoms such as pain or fever.** Sometimes, a cold can last one or two weeks without meaning that there is something wrong. Health professionals (paediatrician, nurse, pharmacist...) can give you some advice about what to do to alleviate symptoms while the body uses natural defences against the virus.

**What can I do against virus infections?**



## When are antibiotics needed?

The answer depends on what is causing the infection. Your paediatrician will tell you if you can give antibiotics to your child.

This table can help:

If the disease is	It is caused by		Do I need antibiotics?	Comments
	Virus	Bacteria		
Cold	X		No	These infections are almost always caused by viruses. They must not be treated with antibiotics.
Bronchitis/Tos	X		No	
Flu	X		No	
Diarrhoea	X	X	No	
Nasal mucus	X		No	
Throat Infection	X	X	Sometimes	Your paediatrician will tell you if you need antibiotics.
Ear Infection	X	X	Sometimes	





If your paediatrician prescribes antibiotics to your child, make sure he/she takes them during the indicated time. **Closely follow your doctor's instructions: quantity to be taken, number of times per day and number of days.**

This will lower the chance of bacteria remaining alive, which could become resistant to antibiotics.

**Can I stop giving my child antibiotics when he/she is feeling better?**

You can prevent infections by practicing good hygiene habits. **Wash your hands with soap and water**, especially before eating or breastfeeding a baby, and after using the bathroom or helping your child when he/she uses the bathroom, after changing a nappy, after blowing your nose or helping your child doing so, and after touching a pet.

**Teach your children these habits.**

**What more can I do to prevent infections?**



## Remember

## IMPORTANT!

- **Antibiotics are not appropriate for any type of infection; most paediatric infections are treated without them.** Do not ask for antibiotics prescription if they are not needed, nor go to the pharmacy to get them without prescription. **Antibiotics kill bacteria, not viruses; they are not always the best solution.**
- **Do not take antibiotics on your own** without medical prescription.
- When your paediatrician prescribes antibiotics to you, **follow his/her instructions correctly (dose, dose schedule, duration of treatment)** and ask your paediatrician/pharmacist if you have any doubts.
- **Do not share your medicine** with others. **Do not keep “leftover” medicines** to use them again some other time, you should leave them in the Punto SIGRE at the pharmacy.
- **Washing your hands** is the best way of preventing infections.



## Where to find more information (in Spanish) on the Internet

- [www.escueladesaludmurcia.es](http://www.escueladesaludmurcia.es)
- Outpatient paediatrics and primary health care association of the Region of Murcia (Asociación de Pediatría Extrahospitalaria y de Atención Primaria de la Región de Murcia - APERMap). <http://www.apermap.com>
- National programme against antibiotic resistance (Plan Nacional frente a la Resistencia a los Antibióticos). Spanish Agency for Medications and Healthcare Products (Agencia Española de Medicamentos y Productos Sanitarios). Available on <http://www.resistenciaantibioticos.es/es>
- Medline Plus (U.S. National Library of Medicine): <http://www.nlm.nih.gov/medlineplus/spanish/antibiotics.html>
- Campaign to promote the proper use of antibiotics (U.S. Centers for Disease Control and Prevention): <https://www.cdc.gov/antibiotic-use/community/sp/about/antibiotic-resistance-faqs.html>
- Guide to appropriate use of antibiotics for parents: [http://www.dobugsneeddrugs.org/wp-content/uploads/spanish\\_parent.pdf](http://www.dobugsneeddrugs.org/wp-content/uploads/spanish_parent.pdf)
- Famiped (Families, paediatricians and teenagers on the Internet): <http://www.aepap.org/familia/famiped/index.htm>
- European Centre for Disease Prevention and Control (ECDC): <https://antibiotic.ecdc.europa.eu/es>





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