

True or False?

Washing Your Hands Is The Best Way To Prevent The Spread Of Illness To Others.

Answer: True! Proper hand hygiene is the single most effective way to prevent the spread of many types of infections and illnesses. Follow these guidelines from the Centers for Disease Control and Prevention (CDC) to help keep you and others healthy.

When To Wash Hands

- Before, during, and after preparing food
- Before eating food
- After using the restroom
- After changing diapers or cleaning up a child who has used the toilet
- Before and after caring for someone who is sick
- After blowing your nose, coughing, or sneezing
- After touching an animal or animal waste
- After touching garbage
- Before and after treating a cut or wound

For more information about hand washing, visit our website at www.sturdymemorial.org or www.cdc.gov/handwashing.

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True or False?

Taking Antibiotics Is The Best Thing For Children When They Have A Cold Or The Flu.

Answer: FALSE! Antibiotics should not be used to treat the common cold, runny noses, and most coughs. Children fight off these viral illnesses on their own.

Antibiotics will help to cure a bacterial infection – like strep throat. Remember to follow the directions on the prescription if your child's doctor does order one. Be sure to give your child all of the medicine as indicated. Only using part of the prescription means the infection has not been treated effectively and, not finishing the medicine can cause resistant bacteria to develop.

For more information about using antibiotics appropriately, visit our website at www.sturdymemorial.org, talk to your doctor or health care provider, or visit www.cdc.gov/getsmart.

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True or False?

Antibiotics Will Cure A Cold Or The Flu.

Answer: FALSE! Antibiotics don't work for viruses like colds or the flu. Using them for viruses will NOT make you feel better or get you back to work any faster. Help prevent antibiotic resistance by knowing the facts.

Antibiotics don't fight viruses – they fight bacteria. Improper use and overuse of antibiotics can put you at risk for getting a bacterial infection that is resistant to antibiotics, which means the bacteria are stronger than the medicine. These antibiotic resistant bacteria can spread to others, which creates potential problems in the home, school, workplace, and community.

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