

# GERMS AND ANTIBIOTICS

GERMS ARE TINY LIVING THINGS THAT CAN MAKE YOU SICK. SOME ARE SO TINY THAT MILLIONS COULD FIT...

ON YOUR  
PEN OR PENCIL



ON THE HEAD  
OF A PIN



OR EVEN UNDER  
YOUR FINGERNAIL



ANTIBIOTICS ARE MEDICATIONS USED only for bacteria. They make us feel better by killing bacteria or stopping them from multiplying.



There are many different kinds of GERMS. Some germs are called BACTERIA and some are called VIRUSES.



## TO HELP REDUCE THE SPREAD OF GERMS KEEP YOUR HANDS CLEAN



BEFORE YOU EAT  
OR TOUCH ANY FOOD

AFTER TOUCHING  
OR FEEDING PETS  
AND ANIMALS



AFTER YOU GO  
TO THE BATHROOM



AFTER YOU COUGH, SNEEZE  
OR BLOW YOUR NOSE



WHEN YOU COME  
HOME FROM  
SCHOOL OR  
FROM PLAYING



**MOST** ear infections get better without antibiotics.

**MOST** colds, sore throats and the flu are caused by viruses. Antibiotics cannot treat infections caused by viruses.

Not taking your antibiotics as prescribed can lead to

**antibiotic  
RESISTANCE**

ANTIBIOTIC RESISTANCE means that when you really need them, antibiotics may not work.

TO LEARN MORE, VISIT [CANADA.CA/ANTIBIOTICS](https://www.canada.ca/antibiotics)

