



Be AWARE this Cold and Flu Season

Antibiotic resistant bacteria are responsible for at least 2 million illnesses and 23,000 deaths every year in the US¹. A major contributor to this resistance is unnecessary prescribing of antibiotics, especially for upper respiratory tract infections. Recent studies have revealed that 1/3 of all antibiotic prescriptions in the US are unnecessary².

The 2016 Oregon Outpatient Prescribing Report showed that from 2011 to 2013, nearly half of uncomplicated bronchitis cases received antibiotics, though the majority of such infections are viral. Adherence to recent guidelines for limiting use in acute otitis media (AOM) in children and sinusitis in adults, which are the most common conditions for antibiotic prescriptions, could lead to significant declines in antibiotic use. Lastly, broad-spectrum agents are often used both for conditions for which amoxicillin would be more appropriate and for conditions unlikely to benefit from antibiotics³.

Join the Oregon Alliance Working for Antibiotic Resistance Education (AWARE) and reduce the unnecessary use of antibiotics this cold and flu season.

Visit www.healthoregon.org/antibiotics for these free resources and more

- Judicious Use of Antibiotics: A Guide for Oregon Clinicians
- One page treatment algorithms for upper respiratory tract infections
- Patient information sheets and brochures
- Exam room poster template to explain to patients why you are trying to decrease use of unnecessary antibiotics in your office

Technical assistance

- Invite Oregon AWARE to present on antibiotic stewardship or using motivational interviewing techniques to talk with patients about antibiotic use and vaccine hesitancy.

Make a public commitment

- You are invited to visit our website and take the pledge to become an Antibiotic Ally! After completing the pledge, you'll receive an official Antibiotic Ally certificate to print and display in your clinic.

Contact Oregon.AWARE@state.or.us for more information.

1. U.S. Department of Health and Human Services Centers for Disease Control and Prevention. Antibiotic Resistance Threats in the United States, 2013.
2. Pew Charitable trusts. Antibiotic Use in Outpatient Settings: Health experts create national targets to reduce unnecessary antibiotic prescriptions, 2016.
3. Oregon Public Health Division. Antibiotic prescribing in outpatient settings in Oregon 2016 report. Oregon Health Authority. Portland, OR. 2016 May.