



# Nursing Newsletter

## How do Bacteria become Resistant to Antibiotics?

Bacteria can become resistant to antibiotics through several ways. Some bacteria can “neutralize” an antibiotic by changing it in a way that makes it harmless. Others have learned how to pump an antibiotic back outside of the bacteria before it can do any harm. Some bacteria can change their outer structure so the antibiotic has no way to attach to the bacteria it is designed to kill.

After being exposed to antibiotics, sometimes one of the bacteria can survive because it found a way to resist the antibiotic. If even one bacterium becomes resistant to antibiotics, it can then multiply and replace all the bacteria that were killed off. That means that exposure to antibiotics provides selective pressure making the surviving bacteria more likely to be resistant. Bacteria can also become resistant through mutation of their genetic material.

## How Can I Prevent Antibiotic Resistance?

It is important to understand that, although they are very useful drugs, antibiotics designed for bacterial infections are not useful for viral infections such as a cold, cough, or the flu. Some useful tips to remember are:

1. Talk with your healthcare provider about antibiotic resistance:
  - Ask whether an antibiotic is likely to be beneficial for your illness
  - Ask what else you can do to feel better sooner
2. Do not take an antibiotic for a viral infection like a cold or the flu.
3. Do not save some of your antibiotic for the next time you get sick. Discard any leftover medication once you have completed your prescribed course of treatment.
4. Take an antibiotic exactly as the healthcare provider tells you. Do not skip doses. Complete the prescribed course of treatment even if you are feeling better. If treatment stops too soon, some bacteria may survive and re-infect.
5. Do not take antibiotics prescribed for someone else. The antibiotic may not be appropriate for your illness. Taking the wrong medicine may delay correct treatment and allow bacteria to multiply.
6. If your healthcare provider determines that you do not have a bacterial infection, ask about ways to help relieve your symptoms. Do not pressure your provider to prescribe an antibiotic.



## Change Can't Wait. Our Time with Antibiotics is Running Out

Each November, World Antibiotic Awareness Week (WAAW) aims to increase global awareness of antibiotic resistance and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.

Since their discovery, antibiotics have served as the cornerstone of modern medicine. However, the persistent overuse and misuse of antibiotics in human and animal health have encouraged the emergence and spread of antibiotic resistance, which occurs when microbes, such as bacteria, become resistant to the drugs used to treat them.

A global action plan to tackle the growing problem of resistance to antibiotics and other antimicrobial medicines was endorsed at the Sixty-eighth World Health Assembly in May 2015. One of the key objectives of the plan is to improve awareness and understanding of antimicrobial resistance through effective communication, education and training.



## Flu Season is Here Again

Signs and Symptoms	Cold	Flu
Symptom onset	Gradual	Abrupt
Fever	Rare	Usual
Aches	Slight	Usual
Chills	Uncommon	Fairly common
Fatigue, weakness	Sometimes	Usual
Sneezing	Common	Sometimes
Stuffy nose	Common	Sometimes
Sore throat	Common	Sometimes
Chest discomfort, cough	Mild to moderate	Common
Headache	Rare	Common

#FIGHT FLU

The flu season runs from October to May. The CDC recommends getting a new dose of flu vaccine each year. Every year a new vaccine has to be developed in order to protect against the three or four different viruses that will emerge in a given year.

There are some people who believe that they can get the flu after having the flu vaccine. This is not correct. The flu vaccine does not contain a live virus, so you can't get the flu from the immunization.

Some people believe that if they have an egg allergy, they cannot take the flu shot. Most flu shots and the nasal spray flu vaccine are manufactured using egg-based technology. Because of this, they contain a small amount of egg proteins, such as ovalbumin. However, studies that have examined the use of both the nasal spray vaccine and flu shots in egg-allergic and non-egg-allergic patients indicate that severe allergic reactions in people with egg allergies are unlikely.

**Fact -** People with flu can spread it to others up to about 6 feet away. Most experts think that flu viruses spread mainly by droplets made when people with flu cough, sneeze or talk. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs. Less often, a person might get flu by touching a surface or object that has flu virus on it and then touching their own mouth, nose, or possibly their eyes.

## Celebrate November !

**November 4-8**

International Stress Awareness Week

**November 14**

World Diabetes Day

**November 18-14**

Family Health and Fitness Day

**November 20**

Transgender Day of Remembrance

**November 21**

Great American Smokeout

HONOR  
our VETERANS

11.11.2019



## Nursing Students Celebrate the Opening of the Media Center



Dr. Johnson and the nursing students were excited to welcome Superintendent Robert Runcie and Dr. Wanza to the ribbon cutting ceremony of the new media center at BEHS.

## Free Community Events

Nov. 6 - Stress Management: Practical Techniques for Wellness, 7-7:30pm, 3810 Northwest 11th Place, Lauderhill, 33311

Nov. 7 – Mind-Body Skills Workshop & Book Talk, 6-8:00pm, 6600 West Sunrise Blvd, Plantation, 33313

Nov. 9 – Health & Wellness Fair, 9:30am-12:30pm, 5050 Wiles Rd, Coconut Creek, 33073

Nov. 21 - A Forum Series for Families in the Opioid Crisis, 6:30-7:30pm, 50 NW 1st Ave, Delray Beach, 33444