

HOW MUCH DO YOU KNOW?

1. Antibiotics work against:

- a) Bacteria
- b) Viruses
- c) Both

2. What is the best way to stop the spread of infections?

- a) Taking antibiotics
- b) Washing hands frequently.

3. What has antibiotic resistance?

- a) Bacteria
- b) Viruses
- c) People

4. Most coughs are caused by:

- a) Bacteria
- b) Viruses

5. Most sore throats are caused by:

- a) Bacteria
- b) Viruses

6. Viral infections spread more easily from one person to another than bacterial infections.

- True
- False

7. Green discharge from the nose always means you have a bacterial infection.

- True
- False

8. Using antibiotics when you have cold will stop the spread of illness.

- True
- False

9. All bacteria cause disease.

- True
- False

10. Infections can be spread by touching contaminated objects like doorknobs and tables.

- True
- False

ANSWERS

Question 1. b)

Bacteria and viruses are different. Antibiotics work against bacteria but not against viruses.

Question 2. b)

Handwashing is the best way to stop the spread of infections.

Question 3. a)

Bacteria have antibiotic resistance when an antibiotic cannot kill them. Remember it is the bacteria that are resistant NOT YOU! Even very healthy people who have never taken antibiotics can become infected with antibiotic resistant bacteria from other sources.

Question 4. b)

Most coughs are due to viruses. Antibiotics will not help! Sometimes a cough can be due to pneumonia. If your doctor suspects pneumonia, an x-ray should be taken and antibiotics are usually prescribed.

Question 5. b)

Most sore throats are due to viruses. A doctor cannot tell, just by looking, whether a sore throat is due to a virus or to Streptococcus bacteria (Strep throat). A throat swab is the only way to know if antibiotics might help.

Question 6. True.

Viruses are more contagious than bacteria. If more than one person in your family has the same illness, odds are it is a viral infection. Antibiotics will not work against viral infections.

Question 7. False.

A yellow/green discharge from the nose can be normal 2-3 days after the start of a cold. This does not mean you have a bacterial infection.

Question 8. False.

Viral illness is usually spread before the onset of symptoms. A virus causes colds and the flu, antibiotics don't work against viral infections.

Question 9. False.

There are both good and bad bacteria. Everyone has bacteria in their mouth and gut for example. Good bacteria protect our skin against infection and help us digest food. Bad bacteria infect specific areas of the body to cause disease such as pneumonia (lungs) or Strep throat.

Question 10. True.

Some viruses can live on surfaces like tables, desks and phones for up to 20 minutes. This means if you touch the surface you can become sick.