

wash your hands!



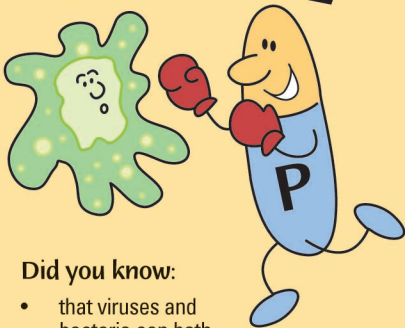
Prevention is the best
defense against germs

- Use soap and warm water
- Scrub your hands very well
- Wash between fingers, wrists, under fingernails, back of hands
- Rinse well
- Dry your hands with a paper towel
- Remember to turn off the water using a paper towel instead of your nice clean hands!



The World According to Pilly

the Antibiotic



Did you know:

- that viruses and bacteria can both make you ill?
- that 4 out of 5 illnesses are caused by viruses?
- that as an antibiotic, I am useless against viruses?
- that I work best against serious bacterial infections, but only if I am taken seriously!

So, when you are prescribed antibiotics, follow the instructions for taking your antibiotic treatment to the last pill!

Test your knowledge!

1. Most infections are caused by :
 - a. A virus
 - b. A bacteria
2. A virus is killed by antibiotics:
 - a. True
 - b. False
3. Will an antibiotic help your cold or flu:
 - a. Yes
 - b. No

1. a, 2. b, 3. b.

Answers:

