

Bacteria is Becoming Resistant to Antibiotics



A major cause of antibiotic resistance is the overuse, or inappropriate use, of these medications. When antibiotics are used incorrectly, the weak bacteria are killed, while the stronger, more resistant ones survive and multiply. Germs that develop resistance to one antibiotic may develop the ability to develop resistance to others. Antibiotics then become ineffective when we really need them!

How to prevent resistance:

- ✓ Wash your hands regularly with soap and water for at least 20 seconds. It is the most effective way of preventing any type of infection.
- ✓ Avoid the use of antibacterial soap and “bacteria-fighting” cleaning products. Cleaning with soap and water, or disinfecting surfaces with a solution of water and vinegar or household bleach is adequate.
- ✓ Take antibiotics as directed. Even if you feel better, use the entire prescription.
- ✓ Do not flush out-of-date or unused antibiotics down the toilet, down the sink, or put them in the garbage. If you do, medication ends up in the water table which increases the drug resistance problem. Instead, return them to a pharmacy.

*If you have any questions,
please call the
On-Call Nurse for the Child & Youth Team
at 604-983-6714*

Staying Sun Safe



The Canadian Dermatology Association welcomes entries for a 2011 kids' poster contest, **SAFE FUN IN THE SUN!**

Happening now through June 13, 2011... [MORE](#)

No Tan is a Safe Tan

Skin cancer is the most common type of cancer in Canada and the most common for youth ages 15-29. The good news is that it is the most preventable! Avoiding the use of indoor tanning beds (which increases cancer risk by 75%) and avoiding the sun's UV rays is a key step in preventing skin cancer.

Eye Protection

UV radiation from the sun can harm the cornea, lens and retina of the eye, both immediately and long-term. Wearing sunglasses is a must! Sunglasses that block both UVA and UVB are recommended. Noticeable signs of UV harm to the eyes may include immediate, but temporary, pain, inflammation of the cornea of the eye, and an aversion to light. Never look



Did you know?

The UV index indicates the daily strength of the sun's ultraviolet UV radiation. The higher the number, the more risk for sun damage. Local newspaper and radio stations may publicize the UV index when it reaches 3 or higher. At this level we need to take precautions: Cover up, wear hat, sunglasses and sunscreen.



Sun Safety

References:

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WHO Report on Infectious Diseases
2000, www.dobugsneeedrugs.org
www.canadiancancersociety.ca
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www.dermatology.ca/index.html
www.optometrists.bc.ca