



NC DEPARTMENT OF
**HEALTH AND
HUMAN SERVICES**

ROY COOPER • Governor
MANDY COHEN, MD, MPH • Secretary
MARK T. BENTON • Assistant Secretary for Public Health
Division of Public Health

Date: August 13, 2020

To: Teachers, principals, students and parents

From: Deborah Dolan, BS
Surveillance for Healthcare Associated Resistant Pathogens Patient Safety SHARPPS Program,
Be Antibiotics Aware Campaign
Communicable Disease Branch
N.C. Division of Public Health

Subject: Antibiotic Awareness Artwork Competition

Greetings teachers, students and parents!

The North Carolina Division of Public Health's Communicable Disease Branch is excited to announce the 2020 **"NC Be Antibiotics Aware Competition!"** Please help us to educate the citizens of North Carolina on the proper use of antibiotics. Antibiotics are medications that kill or slow the growth of bacteria. Over time, bacteria can develop resistance to antibiotics. Antibiotic resistance is one of the most serious problems facing modern health care today. Each year in the United States, at least 2.8 million people become infected with antibiotic resistant bacteria and at least **35,000** of them die as a result. We need your help to get the message out that antibiotics are appropriate to fight bacterial infections only and should only be used when needed. Antibiotics are not helpful for treating infections caused by viruses, which are much more common than bacterial infections. We hope your participation will be an engaging and valuable learning experience.

We will select one winning poster from each age group specified below. Winning posters will be available free of charge to hospitals and clinics to display and help increase antibiotic awareness!

If you are a parent or teacher of a participating student, please help them follow the instructions below to create their poster of original artwork and submit it on time. Students should design their posters with messages about **"Antibiotic Awareness"** and how to use antibiotics appropriately.

Rules:

1. The poster contest is open to all students K-12 across the state of North Carolina. There will be three grade categories: K-4, 5-8, and 9-12.
2. Students must create their posters on an 8 ½"x 11" sheet of paper in either landscape or portrait layout. Only one submission per student is allowed.
3. All art must be original! Submissions should be colorful and eye catching. Any text should be large enough to read, legible and spelled correctly.

Students may choose any theme related to **Antibiotic Awareness, Infection Prevention/Hand Hygiene or COVID-19, and can include the three Ws: WEAR (a cloth face covering), WAIT (6 feet apart and avoid close contact), WASH (your hands often or use hand sanitizer).**

NC DEPARTMENT OF HEALTH AND HUMAN SERVICES • DIVISION OF PUBLIC HEALTH

LOCATION: 225 North McDowell St., Raleigh, NC 27603
MAILING ADDRESS: 1902 Mail Service Center, Raleigh, NC 27699-1902
www.ncdhhs.gov • TEL: 919-733-7301 • FAX: 919-733-1020

AN EQUAL OPPORTUNITY / AFFIRMATIVE ACTION EMPLOYER

1. Each student should fill out an entry form and tape it to the back of their poster. Do not staple.
2. The deadline to submit posters is **November 6, 2020**. Winners will be notified by **November 18, 2020**. Posters can be mailed to the address below. Posters must be sent in an envelope big enough to hold the poster without folding and should be labeled “**Do Not Fold**”. **Faxed or emailed submissions will not be accepted**. Please mail submissions to:

Deborah Dolan
225 N. McDowell Street
1902 Mail Service Center
Raleigh, NC 27699-1902

If a student is picked as a finalist, an email will be sent to the student’s teacher/school principal or parent. One student per category will be chosen. **Winners will be recognized in November 2020.**

How will the posters be judged and used?

1. The Communicable Disease Branch will select a panel of judges to review all entries and choose the winners from each category.
2. Winning entries will be based on creativity, originality, and the ability to convey information about Antibiotic Awareness.
3. Winning posters will be:
 - a. Displayed on the Division of Public Health website, and
 - b. Made available for printing, distribution, and display in schools, local health departments and other state government buildings to help motivate others to become educated on “Antibiotic Awareness.”
4. All posters become the property of the Division of Public Health and may be used for future educational materials.

Art Tips:

- Artwork must be original
- Be neat and clean and fill up as much of the page as possible
- Use markers, crayons, colored pencils or paint

Create an educational poster on Antibiotic Awareness with a suggested theme below:

- Using antibiotics effectively
- Antibiotics don’t treat viruses
- COVID-19
- Know your W’s: Wear, Wait, Wash
- Hand hygiene and the need for antibiotics

Questions? Call 919-546-1649 or email deborah.dolan@dhhs.nc.gov

Antibiotic Awareness Poster Contest Entry Form

Please attach a completed copy of this entry form to the back of each poster with paperclips or tape.

Posters submitted without a name or grade will not be accepted.

Student's Name: _____ Age: _____ Grade: _____

Teacher or Principal's Name: _____ Phone: _____

Email: _____

Parent's Name: _____ Signature: _____

Phone Number: _____

Address: _____

School Name: _____

County: _____



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Here are some online Antibiotic Awareness resources to help build your poster:

- NC Division of Public Health, Be Antibiotics Aware Campaign Artwork Competition: <https://epi.dph.ncdhhs.gov/cd/antibiotics/campaign.html>
- Centers for Disease Control: <https://www.cdc.gov/antibiotic-use/week/get-involved.html>
- Superbugs in the News: How COVID-19 Is Increasing Antibiotic Use <https://bit.ly/3hx3UNK>
- Know Your W's: Wear, Wait, Wash [https://covid19.ncdhhs.gov/materials-resources/know-your-
ws-wear-wait-wash](https://covid19.ncdhhs.gov/materials-resources/know-your-
ws-wear-wait-wash)
- Handwashing: Clean Hands Save Lives [https://www.cdc.gov/handwashing/when-how-
handwashing.html](https://www.cdc.gov/handwashing/when-how-
handwashing.html)



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Themes for 2020 Artwork Competition

The **“Be Antibiotics Aware: Smart Use, Best Care Campaign”** is the CDC’s national public health campaign aimed at improving antibiotic prescribing among healthcare providers, educating the public about appropriate use of antibiotics and fighting antibiotic resistance. The North Carolina Division of Public Health (NC DPH) is a state partner and observes U.S. Antibiotic Awareness Week, November 18-24, 2020, the national observance intended to engage healthcare providers and the public around antibiotic stewardship. In conjunction with Antibiotic Awareness Week, we will be hosting an artwork competition! *This year we are encouraging participants to incorporate any information related to antibiotic awareness, COVID-19, hand hygiene, and the three W’s: WEAR (a cloth face covering), WAIT (6 feet apart, avoid close contact), WASH (your hands often or use hand sanitizer).* We encourage participants to review the following themes and information that may be helpful when creating your illustration. Additional information and resources are also listed on the poster entry form.

Antibiotics are good. However, we need to use them responsibly, so they are effective when we need them. If your doctor and your family decide you need antibiotics, then follow their instructions. Your doctor and your family care about you.



Using Antibiotics Effectively

Your doctor should talk with you and your family to make sure an antibiotic is the appropriate course of treatment.

At least 30% of antibiotic prescriptions are unnecessary. If you do need an antibiotic take it exactly as prescribed. Do not skip doses, share it with others, or save it for later. Not only does inappropriate use of antibiotics lead to antibiotic resistance, it can also cause harm in other ways!

For example, antibiotics are the most common cause of emergency department visits for adverse drug events in children under 18 years of age; many of these events can be prevented by appropriate use of antibiotics.

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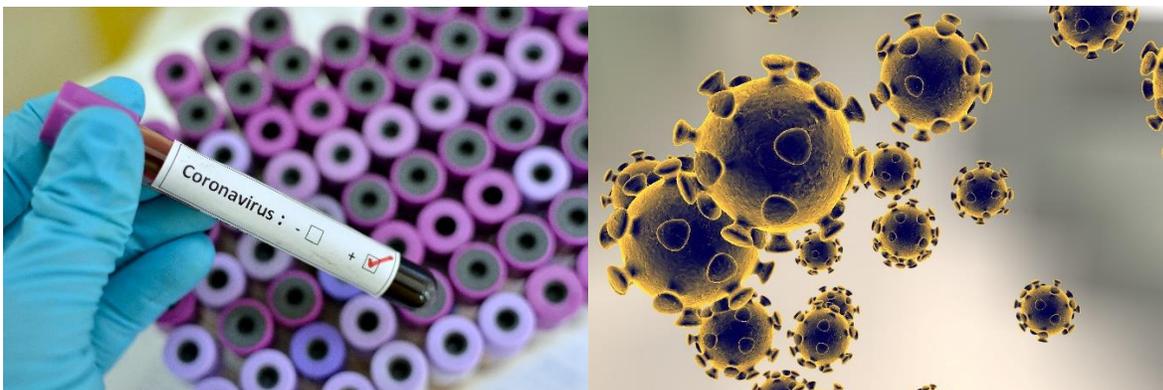
Antibiotics do not treat viruses

Antibiotics are needed only for treating certain infections caused by bacteria. Most common illnesses such as a cold or the flu are viruses and antibiotics will not help! Mucus that is thick, yellow or green does not suggest antibiotics are needed.

COVID-19

What are coronaviruses? They are a large group of viruses that can cause illness in animals and humans. Some coronaviruses commonly circulate in the United States and usually cause upper respiratory symptoms such as cough or runny nose, although some can cause more serious illness.

Coronavirus disease 2019 (COVID-19) is caused by a virus (severe acute respiratory syndrome coronavirus 2, or SARS-CoV-2).



Know Your W's: Wear, Wait, Wash

If you leave home, practice your W's: Wear, Wait, Wash

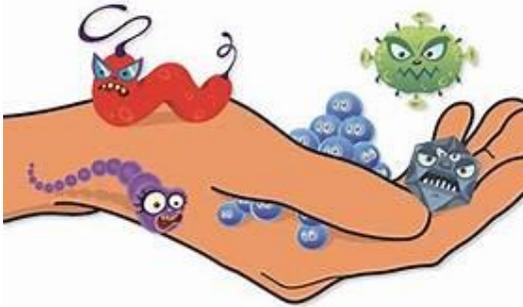
- **Wear** a cloth face covering if you will be with other people
- **Wait** 6 feet apart. Avoid close contact.
- **Wash** your hands often with soap and water for at least 20 seconds or use hand sanitizer.

If you leave home, know your Ws!



Poor Hand Hygiene and the need for antibiotics

When hands are clean, your risk of getting sick is lower. A single gram (the weight of a paper clip) of human feces ('poop') can contain one trillion germs, which can include bacteria that cause disease. Without proper handwashing, these germs can be spread from person to person and increase the risk of an infection requiring an antibiotic. If you do get sick, you and your family should talk to your doctor about whether you really need antibiotics.



Be creative and think about ways you can help educate others on antibiotics, COVID-19, the three W's and handwashing. Share your creative talent with us!

