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**In The News**

*Genomes Reveal Roots of Tuberculosis Resistance- Scientific American*

*Antibiotics Do's and Don'ts- Wall Street Journal*

*8 Ways to Deal With Antibiotic Resistance- Medscape*

*Researchers Track Antibiotic-Resistant Strains of Salmonella From Farm to Fork- Penn State University News*

*Stick Insects May Hold Key To Antibiotic Resistance- Medical Daily*

**Fun Facts (via CDC.gov)**

-Estimates show that washing hands with soap and water could reduce diarrheal disease-associated deaths by up to 50%.

-Antibiotics were prescribed in 68% of acute respiratory tract visits and of those prescriptions, 80% were unnecessary according to the CDC guidelines.

-According to the National Ambulatory Medical Care Survey (NAMCS), the Get Smart Campaign contributed to a reduction in antibiotic prescriptions for children under 5 diagnosed with otitis media in ambulatory care visits.

**Contact Us**

<http://www.KnowWhenToSayNo.org>  
[nmueller@pa.gov](mailto:nmueller@pa.gov)

**Newsletter Introduction**

The "Know When To Say..." newsletter is a monthly e-mail from the contributors of [www.KnowWhenToSayNo.org](http://www.KnowWhenToSayNo.org). The purpose of the newsletter is to provide readers with the most up-to-date information available through the website and Get Smart Program. The newsletter intends to open doors of communication between website users and creators. The newsletters can be forwarded to anyone with interest in the subject of antibiotic resistance, childcare, and disease prevention. Anyone can subscribe or unsubscribe to the newsletter by e-mailing [nmueller@pa.gov](mailto:nmueller@pa.gov).

The facilitator of "Know When To Say..." is Natalie Mueller. Natalie Mueller is a second year graduate student at the University of Pittsburgh Graduate School of Public Health. In December, Natalie will graduate with her Master of Public Health Degree with a concentration in Behavioral and Community Health Sciences and a Certificate in Global Health. She received her Bachelor of Science in Nutritional Sciences at Penn State University in May 2012. She became the Get Smart Program intern for the Pennsylvania Department of Health in May of 2013. During the summer she has helped to develop the drawing competition, the website, instituted the Join The Movement page, and these newsletters! After graduation she hopes to secure a job in maternal and child health, particularly in nutrition, international nutrition and food security, emergency preparedness or infectious disease.

The newsletter will contain other contributions, interviews, and information from the entire Get Smart community.

**Get Smart: Know When Antibiotics Work**

Antibiotic resistance is considered one of the most pressing threats to human health in the world. The Institute of Medicine has cited decreasing the inappropriate use of antibiotics as the primary solution to this public health threat. The Get Smart: Know When Antibiotics Work Program is a national CDC campaign focused on judicious antibiotic use. The campaign's objective is to reduce the threat of antibiotic resistance.

Within PA, the Pennsylvania Department of Health Get Smart Program targets child care providers, parents, teachers, and children. The main objective is to promote proper antibiotic use and good hand hygiene. The website, [www.KnowWhenToSayNo.org](http://www.KnowWhenToSayNo.org), is the primary tool for disseminating program information. The website features a special page for each of the target groups, including features such as the Best Practices Group and links to fun activities for children.

KnowWhenToSayNo.org is a collaboration among the Pennsylvania Department of Health, the University of Pennsylvania Perelman School of Medicine, the Pennsylvania Department of Public Welfare, and Penn State Hershey Medical Center. The program encourages parents, childcare providers, and children to Know When To Say No to antibiotics by providing them with accurate information on proper antibiotic use. For example, antibiotics are only indicated for bacterial infections, not viral infections like the cold and flu. The Get Smart Program also encourages proper hand hygiene as a way to prevent disease spread through hand washing demonstrations and a kid's drawing competition.

**Kids' Hangout Drawing Competition**

The Kids' Hangout Drawing Competition is available at [www.KnowWhenToSayNo.org](http://www.KnowWhenToSayNo.org). The drawing competition is open to all Pennsylvania children ages 8 and younger. The children are prompted to draw a picture about the importance of washing their hands. The winning children will receive prizes, such as gift cards and books.

The drawing competition is one way to promote proper hand hygiene among kids. Public Health officials advocate hand washing as the #1 way to reduce disease spread. Often, children do not know why they are washing their hands, just that they should! The drawing competition provides motivation for deeper thought about why, when, and how children should properly wash their hands.

With back to school, and flu and cold season approaching, the drawing competition is a timely reminder of hand washing, which is why it is important to share the contest with any interested parties.

Have ideas for the newsletter? Want to learn more about antibiotic resistance? Would you like to unsubscribe from the newsletter? E-mail [nmueller@pa.gov](mailto:nmueller@pa.gov) with all inquiries and comments.

