

# FACTS ON BACTERIAL INFECTIONS

**Bacteria are microscopic organisms that live on almost every surface and some are even airborne.**

For more information on Bacterial infections please visit <https://www.who.int>

## 01 | Introduction

Bacteria are tiny single-cell organisms that live on or inside of everything, including plants, animals and people. Most bacteria are harmless and some are even beneficial. Bacteria such as those found in the human gastrointestinal tract, help aid in digestion. Immunity can also be boosted by bacteria due to creating inhospitable environments for bad flora.

## 02 | Being Aware

A bacterial infection is when a harmful strain of bacteria lives on or within the body. Illnesses caused by harmful bacteria are pneumonia, food poisoning, etc. Bacteria usually comes in three shapes: spherical, helical, and rod-shaped. There are also two classifications for bacteria, gram positive and gram negative. Gram positive bacteria are killed more easily than gram negative; gram negative bacteria tend to be more resistant to antibiotics.

## 03 | Preventative Action

The best way to prevent a bacterial infection is to exhibit good personal hygiene. Prevent bacterial infections before they begin by taking these precautions:

- Wash your hands
- Keep your vaccines up to date
- Wash and bandage all cuts
- Take all medications prescribed

Certain medical situations can trigger bacterial infections. Seek medical care if you experience:

- An animal bite
- Difficulty breathing
- Persistent vomiting

## 04 | Staying Well

Bacteria is unavoidable in life, and in some cases bacteria is even good for us. However, being cautious is vital to maintaining good health. If you think you may be sick or have come into contact with someone with a bacterial infection speak to your provider for the best course of action.

### ***Did You Know?***

*Antibiotic resistance is one of the biggest threats to global health.*

## References

<https://www.who.int/news-room/fact-sheets/detail/antibiotic-resistance>

[https://www.onhealth.com/content/1/bacterial\\_infections](https://www.onhealth.com/content/1/bacterial_infections)

<https://medlineplus.gov/bacterialinfections.html>