



Did you know ?

If we use antibiotics when we don't need them, they might not be able to cure infections in the future

What happens when we use antibiotics improperly?

(this means using antibiotics for conditions they cannot treat, not finishing the full course that was prescribed, or using someone else's prescription)

The **bacteria** they are trying to treat **become resistant**, which means the bacteria evolve to survive the antibiotics.



This **Antibiotic Resistance** makes it harder to treat infections, so they can take longer to heal or need stronger and more expensive antibiotics. These then lead to higher medical costs or longer hospital stays!

If antibiotics stop working, even routine surgeries or minor injuries can become dangerous due to untreatable infections.

Antibiotic resistance is one of the world's biggest health challenges, because it affects everyone.

Using antibiotics wisely is everyone's responsibility.



What can we do to help slow the spread of antibiotic resistance?



Only use antibiotics when needed.

Only take antibiotics prescribed by a doctor, and do not ask for antibiotics if your doctor says that you do not need them.



Follow directions and complete the full course.

Take antibiotics exactly as directed, even if you feel better before you finish the full course.



Do not share antibiotics or use leftovers.

They may not be a good fit for you, and will also lead to growth of resistant bacteria.



Ask your doctor or pharmacist about other ways to treat viral infections and how to manage them.



Wash your hands regularly and practice good hygiene

to help prevent infections, especially when in public places.



Stay up to date on vaccinations to reduce the need for antibiotics.



Learn and share knowledge with friends and family.

Advocate for responsible use in your community.

BE AN ANTIBIOTIC GUARDIAN

Antibiotic resistance is a serious issue that needs everyone's contribution. By understanding the problem and making informed choices, you can help protect yourself and others from resistant infections.

Together, we can make sure that antibiotics remain effective when we really need them!

