

DO YOUR PART TO REDUCE ANTIBIOTIC RESISTANCE

Antibiotic resistance is a major threat to public health—and it is only getting worse.
It is caused by overuse and misuse of antibiotics.
We are all part of the problem.
We must all be part of the solution.

Know the facts.



Before antibiotics, simple bacterial infections could kill.



Penicillin was discovered just 90 years ago but antibiotic effectiveness is already under threat from misuse.



Antibiotics don't work for all infections.
They only work on bacteria, NOT on illnesses caused by viruses, such as cold and flu. "Match the drug to the bug!"



Green snot doesn't mean you need antibiotics.



Overuse and misuse of antibiotics — in people, pets, and livestock — leads to antibiotic resistance.



Taking antibiotics when they are not needed can actually hurt your health.
It increases risk of later getting an infection that resists antibiotic treatment.



Sharing antibiotics and using leftover antibiotics can increase antibiotic resistance.



Only use antibiotics in pets as directed by the vet.
Antibiotic-resistant bacteria can be transmitted to others, including from pets to humans.



Developing new antibiotics is not enough.
The time it takes for resistance to develop is getting shorter.



Antibiotic resistance is already impacting our health.
Antibiotic resistance is affecting people now, and causing longer hospital stays and a higher death rate.



If we don't fight antibiotic resistance, by 2050 up to 10 million people may die every year from untreatable infections.



Reducing antibiotic resistance is everyone's responsibility — doctors and patients.

WHAT YOU CAN DO

- 1 I will not ask for antibiotics for colds and flu as they have no effect on viruses.
- 2 I understand that antibiotics will not help me recover faster from a viral infection.
- 3 I will only take antibiotics in the way they have been prescribed.
- 4 I understand that it is possible to pass on antibiotic resistant bacteria to others.
- 5 I will do my part to prevent the spread of bacteria by washing my hands thoroughly.
- 6 I will spread the word to others and let them know how to **#UseAntibioticsWisely**

More info and resources at:
UseAntibioticsWisely.org