Antimicrobial resistance happens when bacteria and other microorganisms change after being exposed to antimicrobial drugs. Antibiotics are among the most common antimicrobial drugs used in humans and animals. The overuse and misuse of antibiotics is speeding up the development of resistance and putting us all at risk.

Antibiotic resistance can affect anyone, of any age, in any country. It is a threat to human health, food security and sustainable development.

**WHAT HEALTH WORKERS SHOULD DO**

*Including doctors, nurses, pharmacists, dentists*

1. **Stop misuse and overuse of antibiotics by:**
   - Prescribing and dispensing antibiotics only when needed and according to current guidelines
   - Educating patients about how to take antibiotics, and the dangers of misuse
   - Properly disposing of expired and unused antibiotics

2. **Prevent the spread of infections by:**
   - Keeping patients’ vaccinations up to date
   - Ensuring hands, instruments and environment are always clean
   - Working with others to improve infection prevention and control