

STOP OVERUSE AND MISUSE OF ANTIBIOTICS COMBAT RESISTANCE



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 YOU CAN DO

- 1 Stop overuse and misuse of antibiotics by:**
 - > *Seeking advice from a qualified health professional before using antibiotics*
 - > *If prescribed antibiotics, following a health professional's advice on how to take them*
 - > *Educating family and friends about antibiotic resistance*
- 2 Prevent the spread of infection by:**
 - > *Washing hands regularly*
 - > *Preparing food hygienically*
 - > *Keeping vaccinations up to date*

