




Protect yourself:  
Take antibiotics  
correctly, don't take  
them for granted



**AMR&S**  
WORKING GROUP



# How I take my antibiotics: Why does it matter?

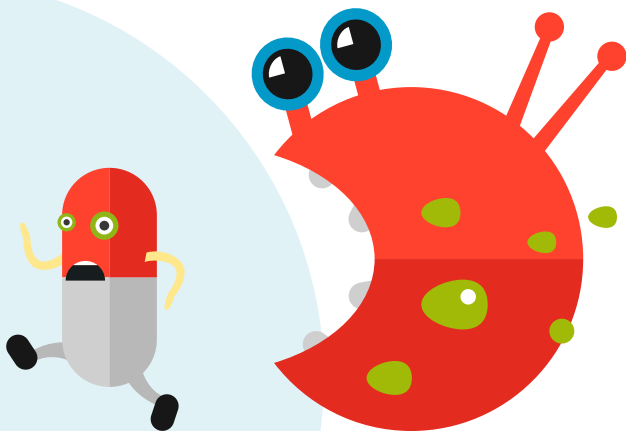
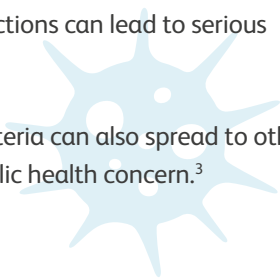
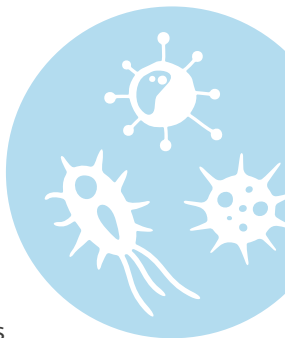
Antibiotics work by killing or stopping the growth of bacteria that cause infections.<sup>1,2</sup>

Unfortunately, the bacteria are fighting back, changing in a way that helps them to resist the effects of antibiotics. This process is known as **antibiotic resistance**.<sup>1</sup>

If you don't take your antibiotics properly, you won't have enough medicine in your body to win the fight and the bacteria will survive and may become resistant.<sup>1</sup>

Antibiotic-resistant infections are often more difficult to kill and more expensive to treat. In some cases, antibiotic-resistant infections can lead to serious illness or even death.<sup>1</sup>

Antibiotic-resistant bacteria can also spread to other people, making it a public health concern.<sup>3</sup>



# How do I take my antibiotics correctly?



## PRESCRIPTION

- **ALWAYS** take your antibiotics exactly as your doctor tells you to<sup>1-3</sup>
- **ALWAYS** take all the pills that you've been given, even if you feel better before you finish them<sup>3</sup>
- **ALWAYS** take the correct dose at the correct time<sup>1</sup>
- **DON'T** miss a dose<sup>3</sup>
- **NEVER** save them for later<sup>2,3</sup>
- **NEVER** give them to someone else<sup>4</sup>
- **ALWAYS** tell your doctor if you're taking other medications or vitamins<sup>5,6</sup>

SIGNATURE .....

DATE .....



**Talk to your doctor.  
Ask questions if you're  
uncertain about when an  
antibiotic is appropriate  
or how to take it.<sup>3</sup>**





## What if...?

### ...I GET SIDE EFFECTS?

Ask your doctor for advice if you experience side effects or have any questions or concerns. Read the instructions and warnings that come with your antibiotics. They will tell you about possible side effects and what the signs of an allergic reaction may be.<sup>7</sup>

### ...I MISS A DOSE?

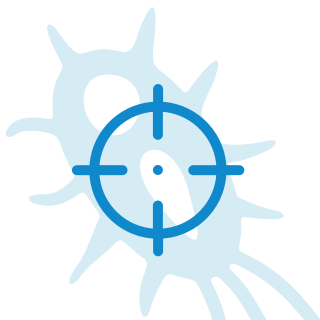
Check the leaflet that came with your medicine to find out what to do. If you're not sure, ask your doctor or pharmacist.<sup>8</sup>

## Other things that help

When possible, prevent infection through appropriate vaccination.<sup>1,2</sup>

Wash your hands and your children's hands regularly, especially after sneezing or coughing, and before touching other things or people.<sup>1,2</sup>

Avoid close contact with people who have colds or other upper respiratory infections.<sup>2</sup>





## Remember

- ❗ **Antibiotic resistance** can affect anyone, of any age, in any country.<sup>9</sup>
- ❗ **Antibiotic resistance** leads to longer hospital stays, higher medical costs and increased death rates.<sup>9</sup>
- ❗ **Antibiotic resistance** is one of the biggest threats to global health, food security, and development today.<sup>9</sup>



## YOU CAN HELP

Following these simple guidelines will ensure you get the best outcome from your antibiotic and will help minimize the spread of antibiotic resistance.

## BE PART OF THE SOLUTION

# Protect yourself, your family, your friends and your community



**TAKE  
ANTIBIOTICS  
CORRECTLY**



#### References:

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