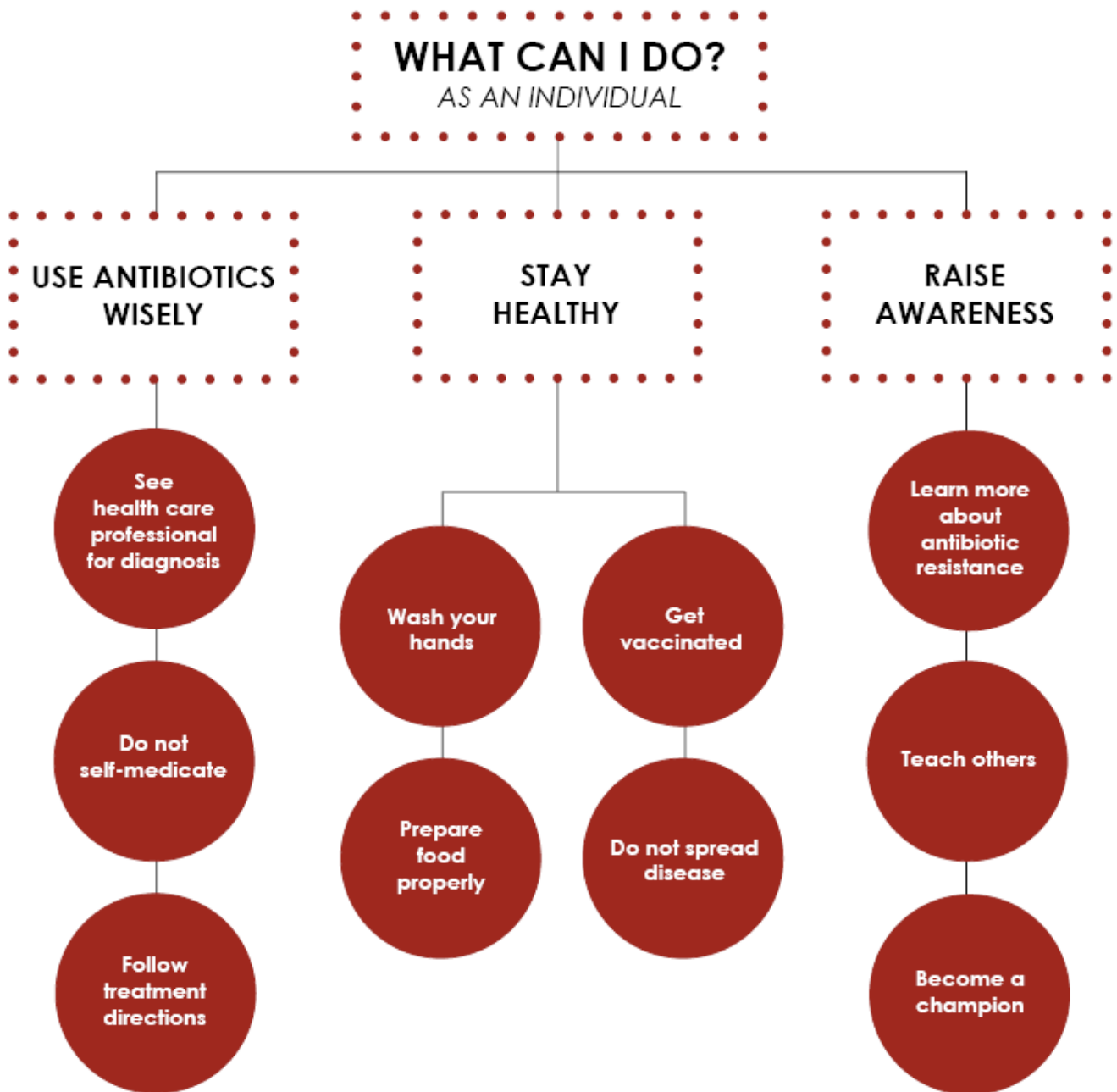


WHAT CAN I DO?

Information from ReAct – Action on Antibiotic Resistance | 2016

Antibiotic resistance concerns us all – everyone can take action to address this pressing issue. There are many ways to contribute in the work to limit antibiotic resistance development and spread of antibiotic resistant bacteria. See overview below for inspiration and flip the page for more details.



ReAct is an independent global network for concerted action on antibiotic resistance, with nodes in Europe, Latin America, North America, South East Asia, and Africa. Our vision is "A world free from fear of untreatable infections".



USE ANTIBIOTICS WISELY

- ✓ See a health care professional for diagnosis and do not demand antibiotics.
- ✓ Do not self-medicate with antibiotics or use leftovers from a previous illness.
- ✓ Follow treatment directions if you are prescribed a course of antibiotics.

WHY?

Antibiotic use accelerates development and spread of resistant bacteria. Taking antibiotics is also associated with risks, including side effects such as diarrhea and allergic reactions. Therefore antibiotics should be used only when needed.

Many infections, such as the common cold or the flu, are caused by viruses and can not be treated by antibiotics. Even some bacterial infections can be taken care of by your immune system and do not require antibiotics. Since different antibiotics are used for different bacterial infections the choice of therapy is complicated and requires medical training. Furthermore, old medicines can have lower activity and fail to work.



STAY HEALTHY

- ✓ Wash your hands.
- ✓ Get vaccinated.
- ✓ Prepare and cook food properly: cook meat to recommended temperatures and keep raw meat separated from vegetables and eating utensils.
- ✓ Do not spread disease: stay home and rest when contagious.

WHY?

The best way to avoid having to use antibiotics is to limit the risk of getting an infection in the first place!

Proper hand hygiene can prevent spread of microorganisms and infectious diseases. Vaccines prepare your own immune system so that it can ward off attacks by specific microorganisms and protect against viral and bacterial infections. Raw and improperly cooked food can contain microorganisms that may cause disease. Limiting the spread of diseases by using vaccines, proper hygiene and staying home when you are contagious will result in less prescriptions and less use of antibiotics in the community.



RAISE AWARENESS

- ✓ Learn more about bacteria and antibiotic resistance.
- ✓ Teach others and inform them about possible actions to limit the problem.
- ✓ Become an antibiotic resistance champion: help raising awareness in your community, initiate your own activities and be an example for others.

WHY?

To tackle the problem of antibiotic resistance, people need to change behaviors at all levels of society. Knowledge is needed on why it is important to take action for your own well-being as well as the good of society and what can be done to meet the challenge of antibiotic resistance.

By raising awareness more people can be inspired to take action, increasing our chances to succeed in limiting the emergence and spread of resistant bacteria and preserving the cure for future generations.