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# Don't leave it to chance Follow hand hygiene to prevent infection

Wash your hands with soap and water  
to keep them germ free



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Don't carry the germs with you

# Clean your hands

Your hands go many places during the day



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**It is our priority to  
keep hands clean  
to stop infection**

It is not only our responsibility to  
save lives but it is in your hands too



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**Antibiotic use can disrupt the human microbiome - the community of naturally occurring germs, in and on the body**

**A healthy microbiome is important for preventing disease**



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# Prevent Infections



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# Ask your doctor

About the most appropriate  
treatment for your illness

Do not take antibiotic on  
your own



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**If you are prescribed  
an antibiotic, take it as  
advised**

**Talk to your doctor, if  
you have any  
questions about your  
antibiotic**



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## If your doctor decides an antibiotic is the best treatment when you're sick:

- **Take them exactly as your doctor tells you**
- **Do not share your antibiotics with others**
- **Do not take antibiotic prescribed for someone else as that may not be right one for you**



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# Why should I care about antibiotic resistance ?

- Antibiotic resistance can affect any person, at any stage of life
- Antibiotic resistance also impacts veterinary, fishery and agriculture sectors
- In absence of effective antibiotics, modern health care procedures will not be possible



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**Take only**  
**the prescribed antibiotic**



**Don't substitute antibiotics**



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**Widespread use of antibiotics promotes the spread of antibiotic resistance. Smart use of antibiotics is the key to controlling its spread.**

**— A. P. J. Abdul Kalam**



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# CLEAN YOUR HANDS REGULARLY



1 SOAP AND WATER



2 PALM TO PALM



3 BETWEEN FINGERS



4 FOCUS ON THUMBS



5 BACK OF HANDS



6 FOCUS ON WRISTS



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# Wash Your Hands

with  
soap and water



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# WASH YOUR HANDS WITH SOAP AND WATER

Before preparing food



Whenever your hands get dirty



After using toilet



Before eating food



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“ Antibiotic resistance does not mean  
our body is becoming resistant to  
antibiotics

Bacteria develop the ability to defeat  
the antibiotics designed to kill them ”

Stop  
AMR

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## Take antibiotics **ONLY** if prescribed

**Antibiotics ONLY** treat infections caused by bacteria, such as:

- Urinary tract infection (UTI)
- Typhoid

**Antibiotics DO NOT** treat infections caused by viruses, such as:

- Cold
- Flu
- Viral diarrhea etc



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## How can I protect myself and my family from antibiotic resistant infections ?

- Follow Hand Hygiene
- Observe cough etiquette
- Stay home when sick
- Take antibiotics only when prescribed by doctors
- Get recommended vaccines



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**GERMS CAN CAUSE  
DISEASE**

**WASH YOUR HANDS  
BEFORE EATING**



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# Protect yourself and your family from infection



**Follow hand hygiene  
before entering and leaving  
patient care area**





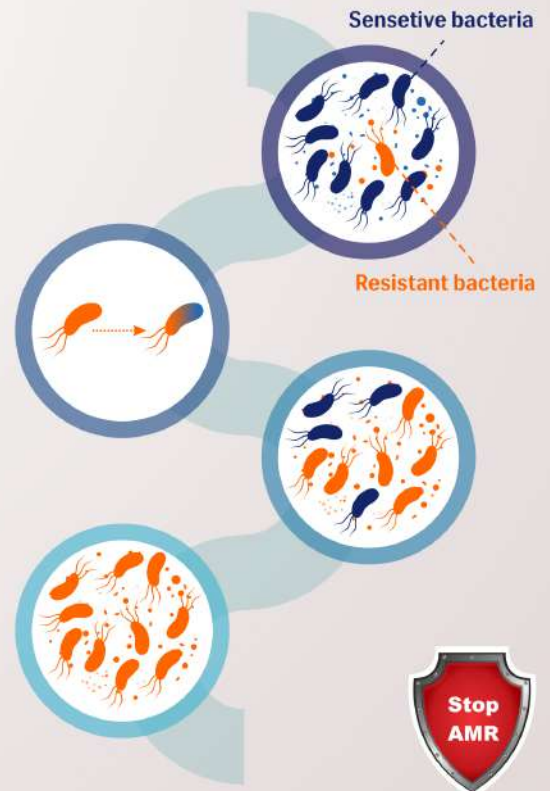
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## Inappropriate use of antibiotics causes antibiotic resistance

When we use antibiotics, most bacteria sensitive to the antibiotic are killed but few develop resistance and can survive and multiply

Overuse of antibiotics makes resistant bacteria more common



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