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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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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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Stop the 'just-in-case' use of antibiotics

Join the battle to defeat super bugs





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Take only
the prescribed antibiotic

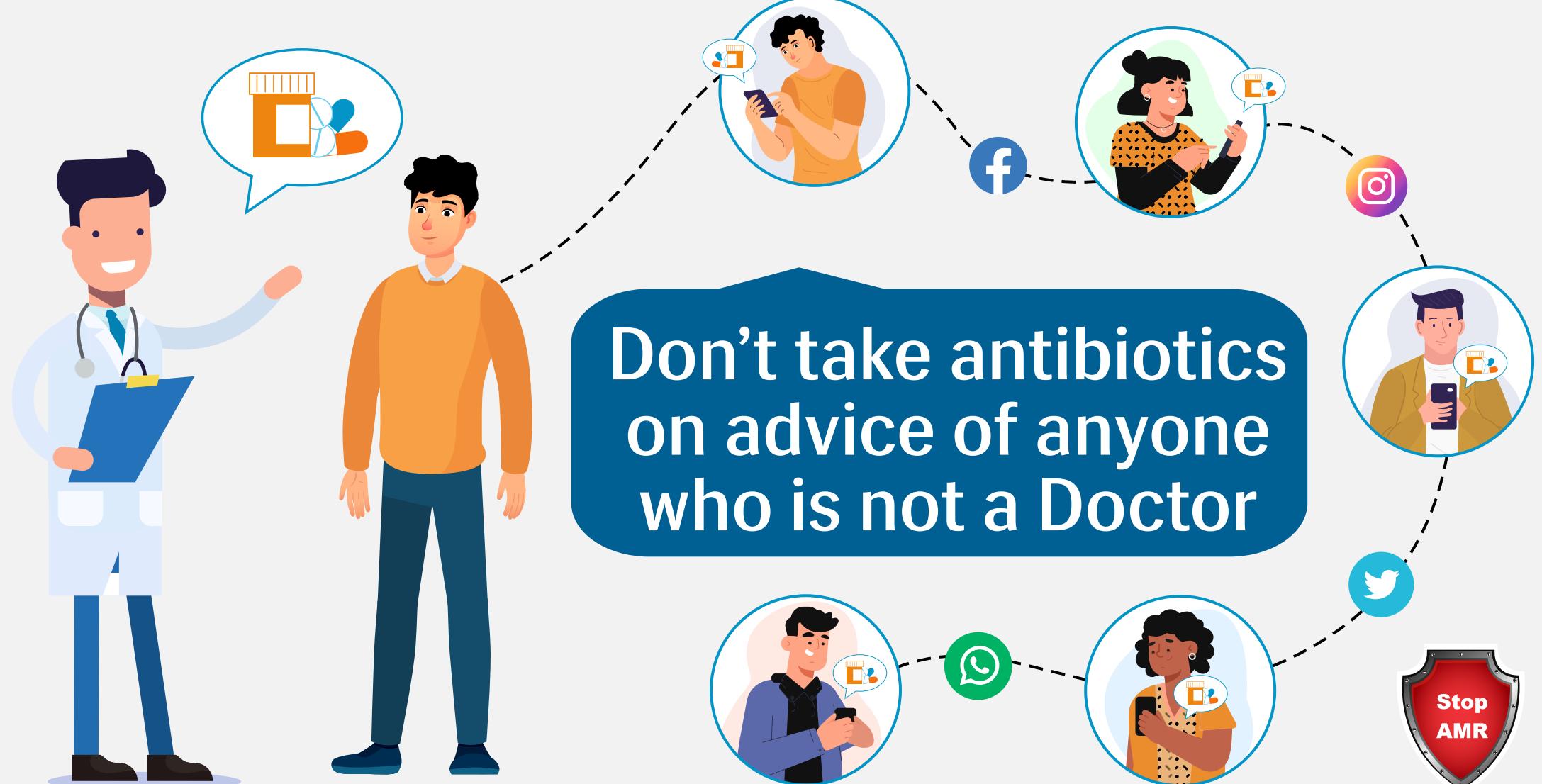


Don't substitute antibiotics





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To learn how to
use antibiotics,
one must first
learn when
not to use
antibiotics





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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





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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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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

