

Antibiotic resistance. What can you do?

Antibiotic resistance occurs when bacteria change and become resistant to antibiotics that are used to treat infections caused by these bacteria.

What can you do?

- 1** Use antibiotics **only when prescribed by your doctor.**
- 2** When taking antibiotics, take the **complete prescription** even if the symptoms improve beforehand.
- 3** Do not forget that they are **not effective against colds and the flu.**
- 4** Never use **leftover antibiotics** from another treatment.
- 5** **Never share** antibiotics with others.
- 6** You can prevent infections by **washing your hands** frequently, **avoiding contact with sick people** and keeping your **vaccines up-to-date.**



References

¿Qué es la resistencia a los antibióticos? <http://seguretatdelspacients.gencat.cat/es/detalls/noticia/Que-es-la-resistencia-als-antibiotics>

El uso excesivo e indebido de los antibióticos supone un riesgo para todos

<http://seguretatdelspacients.gencat.cat/es/detalls/noticia/Lus-excessiu-i-indegut-dels-antibiotics-suposa-un-risc-per-a-tots>

Resistencia a los antibióticos ¿qué puede hacer?

https://www.who.int/mediacentre/events/2015/world-antibiotic-awareness-week/Spanish_WHO_HWC_infographics_public_low-res.pdf?ua=1

Antibiotics wisely

[http://salutweb.gencat.cat/ca/actualitat/reportatges/els-antibiotics-amb-seny/index.html#googtrans\(ca|en\)](http://salutweb.gencat.cat/ca/actualitat/reportatges/els-antibiotics-amb-seny/index.html#googtrans(ca|en))