

# ABC of antibiotics

## Some questions:

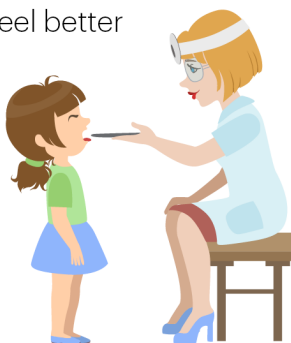
Are those antibiotics necessary? What can I do to feel better without taking any of them?

## Bacteria

Antibiotics only work against bacteria. They don't kill viruses.

## Complete the treatment

Take the antibiotic as the doctor has prescribed. Don't stop the treatment even if you feel better.

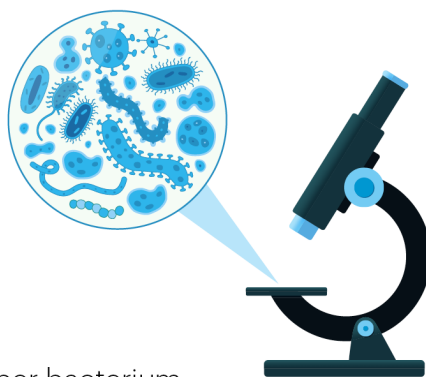


You **don't** need antibiotics to:

- ✗ Cure colds.
- ✗ For most cases of bronchitis and cough.
- ✗ Neck pain that isn't caused by streptococcus.
- ✗ Runny nose.
- ✗ Earaches.

**Inadequate** use of antibiotics could cause:

- ⚠ A bacterium to develop and change into a super bacterium.
- ⚠ A super bacterium is then harder to cure.



## What does antibiotic resistance mean?

Resistance occurs when a bacterium changes and an antibiotic's capacity to kill it is reduced or eliminated.

## Some causes:



Excess of antibiotic prescriptions.



Treatment is stopped prematurely.



Lack of or insufficient basic hygiene.

## Did you know that...

- ❓ Antibiotic resistance causes 25,000 deaths and 1.5 billion euros of losses every year in Europe.
- ❓ Infections caused by resistant bacteria kill almost 700,000 people every year worldwide.

## How can I help prevent antibiotic resistance?

- ✓ Take antibiotics as prescribed by doctors.
- ✓ Only take those prescribed to you.
- ✓ Don't save antibiotics for the next time you get sick or to share with other people.
- ✓ Don't push your doctor to give you unnecessary antibiotics.