

# ANTIBIOTIC RESISTANCE A GLOBAL THREAT

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## WHAT ARE ANTIBIOTICS?(1)

- Antibiotics are drugs used to treat or prevent bacterial infections by killing bacteria or stopping spread.
- Antibiotics do NOT work against viruses. This includes those causing colds, flu, bronchitis and runny noses.
- Many mild bacterial infections get better on their own without using antibiotics, including types of bacterial sinusitis, as well as some sore throats and ear infections.

## WHAT IS ANTIBIOTIC RESISTANCE? (2)

- Antibiotics resistance occurs when bacteria develop defences against antibiotics designed to kill them.
- Resistance happens naturally, but the more antibiotics are used inappropriately or to treat trivial conditions, the more likely they are to become ineffective in the future at treating more serious conditions.
- Resistance is now reaching dangerously high levels globally, with infections such as pneumonia, tuberculosis and gonorrhoea becoming hard to treat.



## SOME CONCERNING FACTS (3)

- In 2019, nearly 5 million human deaths worldwide were attributed to antimicrobial resistance.
- The development of new antibiotics can take 10-15 years and cost upwards of 1 billion dollars
- The World Health Organisation has declared antimicrobial resistance as one of the top 10 global threats to humanity.

## WHAT CAN YOU DO TO HELP? (4)

- Take antibiotics only as prescribed by your healthcare provider.
- Do not demand antibiotics if your healthcare practitioner says you do not need them.
- Do not 'save up' antibiotics for later use, or share them with friends or family
- Prevent infections by washing hands, preparing food hygienically avoiding close contact with sick people, practicing safe sex and keeping immunisations up-to-date.

## REFERENCES

- <https://www.nhs.uk/conditions/antibiotics/> (1)
- <https://www.who.int/news-room/fact-sheets/detail/antibiotic-resistance> (2)
- [https://cdn.who.int/media/docs/default-source/antimicrobial-resistance/waaw-2022\\_campaign-guide\\_en.pdf?sfvrsn=f87cd2a\\_11&download=true](https://cdn.who.int/media/docs/default-source/antimicrobial-resistance/waaw-2022_campaign-guide_en.pdf?sfvrsn=f87cd2a_11&download=true) (3)
- <https://www.who.int/news-room/fact-sheets/detail/antibiotic-resistance> (4)
- <http://www.pharmanetwork.com/magazine/stories/Antibiotic-resistance-is-at-a-crisis-point.html>. (Image)