

# It's time for us to take antibiotic resistance

## SERIOUSLY.

**Imagine a world where antibiotics don't work.**

In 30 years this could be our reality. Simple infections that we can treat right now could become deadly. Antibiotic resistance is a **real health emergency** and is becoming the biggest threat to health worldwide.

Antibiotic resistance is when germs like bacteria can defeat the antibiotics designed to kill them. The overuse of antibiotics has made them less effective and has led to the emergence of "superbugs".

If we don't **take antibiotics seriously** today, we make it more likely they will **no longer work in the future.**



# If you have been prescribed antibiotics it's important that you follow these simple steps:

## 1 Complete the full course

It is really important you complete the course of antibiotics exactly as the healthcare professional advised, even if you start to feel better after a few days.

If you don't take the full course of antibiotics, there's a chance that the bacteria will still be in your system and another course of antibiotics may not work for you.

## 2 Never store or save antibiotics for another time and never share with others

If you take your course of antibiotics as prescribed, there should be none left over. If there are, you can take them back to your local pharmacy for safe disposal.

**Do not keep or share** unused antibiotics. Taking antibiotics at a different time or sharing them with others could delay you getting the right treatment, this could make you, your friend, or family member feel worse and even cause side effects.

## 3 If you have any questions about your prescription, your pharmacist can help.

