

# 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**

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

If you don't take the full course of antibiotics, there's a chance that the bacteria is not completely killed off, so they are more likely to develop resistance to antibiotics.

## **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.

Antibiotics should not be used to treat a later illness or be shared with family or friends. Doing this could mean delaying effective treatment, make you, your friend or family member sicker and could even cause side effects.

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



[seriouslyresistant.com](https://seriouslyresistant.com)  
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