

Antimicrobial Resistance

What can I do?

Antimicrobial resistance and drug resistant infections are a serious problem, but with good hand hygiene, proper use of antibiotics and raising awareness we can go a long



Good Hand Hygiene

Always wash your hands or use hand gel before, during and after making food, before eating, after using the toilet, after coughing or sneezing, or after touching animals or raw meat. Hands should be washed for at least 20 seconds, which is longer than you think: its as long as it takes to sing happy birthday through twice

Proper use of antibiotics

Every time you take antibiotics you risk bacteria will becoming resistant. Don't ask for antibiotics that you don't need. When you are prescribed medicine, make sure you follow the instructions you are given and always complete the course of treatment.. Never save antibiotics for later, never share them and never buy them over the internet.



Awareness Raising

Antimicrobial Resistance is a frightening prospect. Our children and grandchildren are being born into a world where antibiotics are no longer guaranteed to work. It is estimated that by 2050, an extra 10 million people will die worldwide , meaning drug resistant infections will kill more people than currently die of Cancer. Anything which spreads the message is helpful, whether through Facebook, Twitter, or by becoming involved with a action groups. If you have school age children, encourage teachers to use the e-bug resources, and use it yourself. Make a pledge to be an antibiotic guardian at www.antibioticguardian.com or go to www.imperial.ac.uk/hpruantimicrobialresistance/patient_and_public/

