

## Basic Information on Common Health Challenges

# Antibiotic Resistance

**SUPERBUG - A Global Threat : Bacteria resistant to most of the antibiotics**



Antibiotic resistance is one of the biggest threats to global health, food security, and development today.




Antibiotic resistance can affect anyone, of any age, in any country.

A growing number of infections – such as PNEUMONIA, TUBERCULOSIS, GONORRHEA and SALMONELLOSIS (Typhoid) – are becoming harder to treat as the antibiotics used to treat them become less effective.

Antibiotic resistance leads to longer hospital stays, higher medical costs, and increased mortality.

Both the stakeholders - Patients & Doctors can solve this problem by taking following measures otherwise we will positively end up in pre-antibiotic era.

## Antibiotics: Dos and Don'ts !!

				
<b>WASH HANDS</b> Maintain Hygiene	Antibiotics <b>DO NOT WORK</b> on Cold & Flu	Start Antibiotics on <b>DOCTORS ADVICE</b> only	If possible start Antibiotics after <b>CULTURE TESTING</b>	Take <b>FULL COURSE</b> of Antibiotics!!

### Expectations from PATIENTS

- ONLY FEW infections require antibiotics.
- START antibiotics ONLY when prescribed by your PHYSICIAN. NEVER start a course on your own.
- TRUST YOUR PHYSICIAN !!! They will prescribe only when you need them.
- STRICTLY adhere to your PHYSICIAN's prescription and complete the course of antibiotics.
- NEVER SHARE or use leftover antibiotics.
- PREVENT infections by regularly washing hands, preparing food hygienically, avoiding close contact with sick people, practicing safer sex, and keeping vaccinations up to date.

### Expectations from treating DOCTOR

- EDUCATE patients about importance of building immunity and maintaining hygiene in preventing infections (vaccination, hand washing, healthy diet, physical activity, safe sex etc.)
- PRESCRIBE antibiotics only according to current guidelines. AVOID empiric course of antibiotics treatment.
- CULTURE & SENSITIVITY testing should be ordered wherever appropriate (to avoid empiric therapy) before starting a course of antibiotic.
- EXPLAIN to the patient in detail on how to take antibiotics including the importance of completing the course and dangers of potential misuse of antibiotics.