

## World Antibiotic Awareness Week

Each November, World Antibiotic Awareness Week (WAAW) aims to increase global awareness of antibiotic resistance (AMR) and to encourage best practices among the general public, health workers and policy makers to avoid the further emergence and spread of antibiotic resistance.



## 7 Tips for Using antibiotics with care

1. As antibiotics only work for bacterial infections (not for viral infections such as colds and flu), it is important to seek advice from a qualified healthcare professional and to follow their prescription.



2. Always seek the advice of a qualified healthcare professional, such as licensed pharmacists, and follow their recommendation. If a mild throat or ear ache does not improve, consult your doctor.

3. You should seek the advice of your doctor or other qualified health provider with any questions you may have regarding a medical condition, and follow their prescription and treatment plan.



4. Handwashing is one of the most effective ways to prevent the spread of many types of infection and illnesses, which reduces the need for antibiotics. Every infection prevented is an antibiotic treatment avoided.

5. Good hygiene (such as safe food preparation, regular hand washing and avoiding close contact with sick people) helps to stop the spread of germs and therefore lowers the risk of infection. This leads to the reduced need for antibiotics, which can help reduce the emergence of antibiotic resistance.



6. Don't share antibiotics with family or friends. Even though you may be in close contact while sick, you may not have contracted the same infection. Always seek the advice of a qualified healthcare professional before taking antibiotics.



7. The body does not become resistant to antibiotics. In fact bacteria — not humans or animals — become resistant to antibiotics and cause hard-to-treat infections.

### **Test your knowledge!**

Learn how to handle antibiotics with care & help stop the spread of antibiotic resistance with this [interactive experience](#) from the World Health Organisation.



*Resource: <http://www.who.int/who-campaigns/world-antibiotic-awareness-week>*