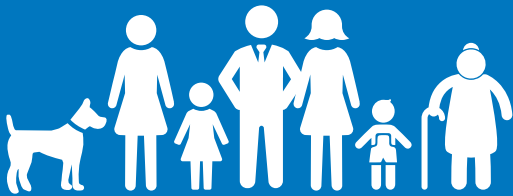




Australian Government

Antibiotic resistance occurs when bacteria change to protect themselves from an antibiotic. The more we use antibiotics, the more chance bacteria have to become resistant to them.



What you can do:



1 Prevent infections by regularly washing your hands and keeping up to date with vaccinations



2 Prevent food-borne infections by washing fruits and vegetables and cooking food properly



3 Understand that antibiotics only work against bacteria. They do not work for colds and flu which are caused by viruses



4 Don't pressure your health professional for antibiotics if they say you don't need them, ask about other ways to relieve your symptoms



5 Only take antibiotics when they are prescribed for you, don't use or share leftover antibiotics



6 Follow your health professional's instructions when you are prescribed antibiotics