



Antimicrobial Resistance

For the Public



What are Antimicrobials?

Antimicrobials are types of medicine such as antibiotics, anti-fungal and anti-viral etc., that help fight against microorganisms that make us sick. They work by either killing these microorganisms or inhibiting their ability to grow and multiply.



What is Antimicrobial Resistance?

Antimicrobial resistance happens when bacteria, viruses, fungi etc. change and become resistant to antimicrobials used to treat the infection they cause.

This situation makes it challenging for doctors to treat illness effectively because the medicines might not work well, hindering our recovery and making it harder for healthcare providers to help us when we're unwell.



Why is Antimicrobial Resistance increasing?

AMR is on the rise due the unnecessary use of antimicrobials when they aren't essential. This leads to a situation where germs become more robust and capable of resisting the effects of medicine.

At times, when we're unwell, antibiotics might not be necessary, and alternate treatments can effectively help us recover.

In some parts of the world, people don't have clean water or ways to keep things clean, so it's easier for germs to spread. This can also make the germs stronger and harder to fight off.



How does it spread?




Antimicrobial resistant germs can spread from person to person, through dirty surfaces, contaminated food, and between animals.

How can I help in reducing the AMR?

You can help to reduce AMR by avoiding unnecessary antibiotics when not needed. Sometimes when we get sick, we can get better with other treatments .

When you get sick, it's important to talk to your doctor to see if you really need antimicrobials. Sometimes, we can get better by just resting and drinking lots of fluids.



-  You should never buy antibiotics without asking your doctor first.
-  If you have leftover antibiotics from when you were sick before, you shouldn't use them again.
-  If you have extra antibiotics left over, you should ask the person at the pharmacy how to get rid of them safely.

Antibiotics can't help with aches or pain. They only work to help fighting germs that are making you sick.

Remember, antibiotics aren't always the magical solution!

These medications are not used for common colds or flu, they will not help you to feel better faster, and may cause unwanted effects if used inappropriately.



If your symptoms persist or if you have any concern, it is important that you visit your doctor to evaluate your condition and decide the need for antibiotics.

Stay hydrated, get enough rest and do not underestimate the power of fluids and rest in improving winter illnesses.



If you're over 65, have a chronic illness like asthma or diabetes, have a history of lung disease or heart problems, or if you are taking medications that weaken your immune system (e.g., steroids, chemotherapy for cancer, some drugs used to suppress thyroid gland functions), it's important to seek medical attention if you are experiencing flu-like symptoms.

Spread Awareness Stop Resistance



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