

COMBAT ANTIBIOTIC RESISTANCE

Protect Yourself & Your Family

Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat—but we can help stop the spread of these germs. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.

No one can completely avoid getting an infection, but there are steps you can take to reduce your risk.

Know Your Risks, Ask Questions, & Take Care

Ask your healthcare provider about risks for certain infections and sepsis. Speak up with questions or concerns. Keep cuts clean and covered until healed, and take good care of chronic conditions, like diabetes or heart disease.

Clean Your Hands

Keeping your hands clean is one of the best ways to prevent infections, avoid getting sick, and prevent spreading germs.

Get Vaccinated

Vaccines are an important step to prevent infections, including resistant infections.

Be Aware of Changes in Your Health

Talk to your healthcare provider about how to recognize signs and symptoms of infections, or if you think you have an infection. If an infection isn't stopped, it can lead to additional complications like sepsis, a life-threatening medical emergency.

Use Antibiotics Appropriately

Talk with your healthcare provider or veterinarian about the best treatment when you, your family, or your animal is sick. Antibiotics save lives, but any time they are used they can cause side effects and lead to antibiotic resistance.

Practice Healthy Habits Around Animals

Always clean your hands after touching, feeding, or caring for animals, and keep your animals healthy.

Prepare Food Safely

Follow four simple steps to avoid foodborne infections. Clean your hands, cooking utensils, and surfaces. Separate raw meat from other foods. Cook foods to safe temperatures. Chill leftovers and other foods promptly.

Stay Healthy When Traveling Abroad

Be vigilant when traveling abroad. Know what vaccinations are needed, check health alerts, stick to safe food and drinks, plan in advance in case you get sick, and learn about the risks of medical tourism.

Prevent STDs

Gonorrhea, a common STD, can be resistant to the drugs designed to treat it. The only way to avoid STDs is to not have sex. If you have sex, lower your risk by choosing safer sexual activities and using condoms the right way from start to finish. You and your partner should be treated right away if you test positive to keep from getting infected again.

