



# I spy... Antimicrobial Resistance

Antimicrobial resistance is a threat to humans, animals, plants, and the environment.

Antimicrobial resistance is when a bacteria, fungus, virus or parasite changes overtime and the medication usually used to treat it no longer works.

This is a problem because it means that infections are harder to treat and can sometimes be completely untreatable. This leads to increased disease spread, severe illness, and even death.

## REMEMBER, you can reduce antibiotic resistance by:

- Not taking antibiotics unnecessarily.
- Not purchasing antibiotics abroad.
- Not saving or storing antibiotics for future use.
- Not sharing antibiotics with others.
- Give any unused or out of date medication back to your pharmacy. Do **NOT** throw them in the bin, or down the sink or toilet.
- Getting vaccinated. Vaccination could prevent up to half a million deaths, from antimicrobial resistant illness, each year.

By 2050  
there will have  
been a total of  
around 10 million  
global deaths due  
to antimicrobial  
resistant  
infections.

## If you are prescribed antimicrobials by your GP or other healthcare provider:

- Make sure you take the full dose as prescribed.
- Complete the course, even if you start to feel better. If you don't, your infection may not have gone away and could come back resistant.
- Contact your healthcare provider if your symptoms persist or you are having any side effects.

Around  
25,000  
people die from  
antimicrobial  
resistant infections  
in Europe every  
year.

Around 1  
in 3 people in  
England have at  
least one course  
of antibiotics  
each year.