ANTIBIOTICS CAN CURE HUMANS AND ANIMALS, BUT NOT ALL DISEASES.

LET'S USE THEM WISELY
LET'S PRESERVE THEIR EFFICACY
ANTIBIOS

The inappropriate use of antibiotics in humans and animals **creates multi-resistant bacteria.**

MORE THAN 33 000 PEOPLE IN THE EUROPEAN UNION DIE EACH YEAR AS A RESULT.

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PLAN NATIONAL ANTIBIOTIQUES ONE HEALTH

LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de la Santé

Direction de la santé

LE GOUVERNEMENT
DU GRAND-DUCHÉ DE LUXEMBOURG
Ministère de l'Agriculture, de la Viticulture et du Développement rural

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**The inappropriate use
of antibiotics is causing
the emergence of multi-
resistant bacteria and
is damaging our health**

Antibiotics cure a large number of serious infectious diseases, including different types of pneumonia and wound infections caused by bacteria.

But **the inappropriate use of antibiotics causes the development of new multi-resistant bacteria,** against which antibiotics that used to be effective no longer are.

If the antibiotics resistance phenomenon continues, it will become increasingly difficult to treat serious bacterial infections in the future.

Currently, more than 33 000 people in the European Union die every year as a result of multi-resistant bacteria against which antibiotics have become ineffective.

**LET'S ACT NOW TO
MAKE SURE THE
SITUATION
DOESN'T GET
WORSE IN THE
FOLLOWING YEARS!**

Follow these recommendations to prevent bacteria from becoming resistant to antibiotics.

- ✓ KEEP STRICTLY TO THE DOSE AND DURATION OF TREATMENT YOUR DOCTOR HAS PRESCRIBED.

- ✓ DON'T FORGET TO TAKE YOUR MEDICINE.

- ✓ DON'T STOP THE COURSE OF TREATMENT EARLY.

- ✓ DON'T SHARE ANTIBIOTICS WITH ANYONE ELSE.

- ✓ DON'T KEEP ANY ANTIBIOTICS LEFT AT THE END OF THE COURSE OF TREATMENT. Take them back to your pharmacist.

Bacteria that are resistant to antibiotics can be transmitted from one human to another. How can you help **prevent these bacteria spreading?**

1 Wash your hands several times a day for 30 seconds, using soap and water. Avoid close contact with people who are infected.

2 Always blow your nose into a disposable hanky, and throw it away immediately. If you haven't got a paper hanky, sneeze or cough into the crook of your arm.

3 If you have a contagious disease, stay at home so that you don't spread the disease.

4 Avoid gatherings of people during a flu epidemic if many of the people are coughing or sneezing.

Most contagious and infectious diseases are caused by viruses or bacteria. **Antibiotics are effective against bacteria, not viruses.**

Most of the usual infectious diseases we suffer from, such as the common cold, chills and flu, **are caused by viruses. You will recover from them after a given time.**

Since antibiotics have no effect on viruses, they can't help you recover any quicker, or prevent other people from being contaminated.

IF YOU HAVE A COLD OR FLU, YOU DON'T NEED ANTIBIOTICS!

Don't take antibiotics if you have a viral infection. Here are some tips to help you get better.

1
Rest.

2
Air out the rooms you live in regularly.

3
Drink plenty of fluids (water, herbal teas).

4
Eat a balanced diet (fruit, vegetables, foods rich in vitamin content).

5
If you have a cold or a cough, use plain salt-water nasal sprays or inhalation devices to decongest your respiratory tract.

6
If your throat is sore or dry, suck an ice cube or use a throat spray to relieve the pain. Adults and older children can also suck throat lozenges.

7
If you have fever or pain, antipyretic medication and painkillers can provide relief. Ask your doctor or a pharmacist for advice.

8
The best protection against seasonal flu is the vaccination each year, preferably between October and December.

9
If your symptoms persist for longer than your doctor predicted, or get worse, go back for a further consultation.

Do you have pets?

It's not only humans that can become resistant to antibiotics — it's relevant to animals too. Resistant bacteria can be transmitted from animals to humans and vice versa.

How you can help prevent resistant bacteria being passed on between you and your pet?

1 Wash your hands with soap and water after every contact.

2 Avoid close contact, such a licking, or sharing the same bed.

3 Make sure to keep your pet clean.

4 Set aside areas specifically for your pet's rest, and keep them clean.

5 Don't allow your pet access to your food (storage areas, places where you prepare meals, etc.).

6 Make sure your pet's vaccinations and parasite treatments are up to date.

7 Disinfect any wounds your pet may have.

8 If your pet bites or scratches you, disinfect the wound immediately and consult your doctor.

9 Wear gloves if you have to treat a sick pet.

YOU SHOULD BE PARTICULARLY VIGILANT IF YOUR PET IS ILL.

How to make sure antibiotics stay effective?

Always consult your vet before giving your pet any medicine. Keep strictly to the dose and duration of treatment prescribed, and moment of the day for giving the medicine; don't stop the treatment, even if the symptoms have disappeared.

Don't give any left-over medicines to any other animals, even if they seem to have the same symptoms as the animal for which the medicine was prescribed.

DON'T GIVE YOUR OWN MEDICINE TO YOUR PET.