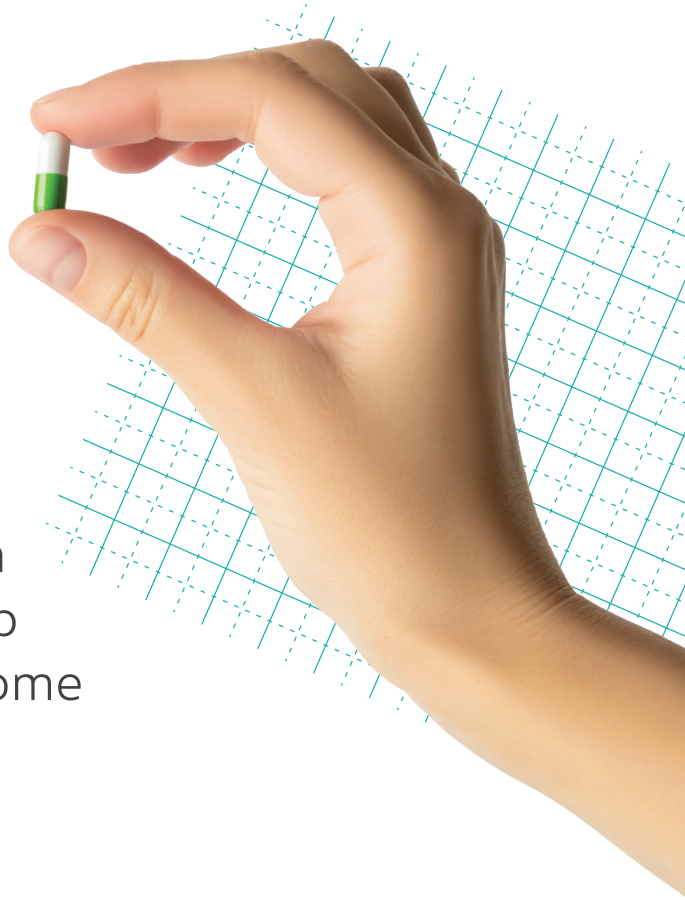
Help protect antibiotics for future generations



Antibiotics are essential to modern healthcare, but as bacteria develop resistance to them, infections become harder to treat.

5 simple ways everyone can help:

Understand when antibiotics are needed
Antibiotics treat bacterial infections, not viruses like colds or flu.

Follow the instructions
Don't change your dose or stop treatment without medical advice.

Never share or reuse antibiotics
What worked for one infection or person may not be right for another.

Dispose of unused antibiotics safely
Don't throw them in household rubbish or down the sink or toilet. Ask your local pharmacy for disposal advice.

Help prevent infections
Wash your hands, keep vaccinations up to date and practice good hygiene to reduce the need for antibiotics.

