

KEEP YOURSELF SAFE FROM SUPERBUGS



USE ANTIBIOTICS ONLY WHEN NECESSARY

Take antibiotics only when prescribed by a healthcare professional, and never demand them for viral infections like colds or flu.



COMPLETE THE FULL COURSE OF ANTIBIOTICS

Finish the entire prescribed course, even if you start feeling better, to ensure all the bacteria are killed.



NEVER SHARE OR USE LEFTOVER ANTIBIOTICS

Use antibiotics only if they have been specifically prescribed for you.



PRACTICE GOOD HYGIENE

Regularly wash your hands, prepare food hygienically, and keep your environment clean to prevent infections.



GET VACCINATED

Stay current with all recommended vaccinations to prevent infections and reduce the need for antibiotics.



EDUCATE YOURSELF AND OTHERS

Spread awareness about AMR and the importance of using antibiotics responsibly.

**CHANGE
MAKERS**