

Antibiotic Resistance

Resistance to antibiotics is recognised locally and nationally as a major threat to public health. It is a particular threat to children, older people and those with weakened immune systems, but it could affect any one of us in our lifetime or our future generations.

Experts warn that if we are not more careful in our use of antibiotics, everyday procedures such as delivering a baby or removing the appendix could carry much higher risks of infection, and serious infections such as septicaemia (blood poisoning) will be extremely difficult to treat.

Doctors are therefore being advised to only prescribe antibiotics when they are really needed, and not for viral or self-limiting conditions.

However, we must all take responsibility to prevent any further development of resistance.

What can you do to help?

- If your doctor feels that you do not require antibiotics, follow the self-management advice provided – rest, drink plenty of fluids, ask your Community Pharmacist for over-the-counter medicines to help relieve your symptoms.
- If you are prescribed antibiotics, make sure you follow the directions correctly and complete the full course.
- Become an Antibiotic Guardian and make a pledge to reduce the spread of resistance by visiting: <http://antibioticguardian.com/>
- Visit <http://www.treatyourselfbetter.co.uk/> to check your symptoms, find useful tips on what you can do at home to help, and when to seek medical attention.