

# It's time for us to take antibiotic resistance

## SERIOUSLY.

**Imagine a world where antibiotics don't work.**

In 30 years this could be our reality. Simple infections that we can treat right now could become deadly. **Antibiotic resistance** is a real health emergency and is becoming the biggest threat to health worldwide. It occurs when germs like bacteria defeat the antibiotics designed to kill them. Our overuse and reliance on antibiotics have made them less effective and are leading to more resistant infections and the emergence of 'superbugs'.

### What are antibiotics?

Antibiotics are used to treat serious bacterial infections. They kill bacteria or prevent them from spreading. But they do not work for everything. Many mild infections can get better on their own without antibiotics. Antibiotics will not treat viral infections.

If we don't **take antibiotics seriously** today, we make it more likely they will **no longer work in the future.**

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HELP**

It might seem hard to imagine how this could affect us, especially if we are fit and well. But the danger is that antibiotic treatments may no longer work when we need them. We have all seen how global health risks can affect our daily lives.

If we don't act now, antibiotic resistance could impact our daily life for years to come.

## **What can we do about it?**

We all need to worry about antibiotic resistance. There will come a time when you need them and they might no longer work.

### **Here are some simple things we can do to help:**

- Never store or save antibiotics for another time
- Never share with others
- Take antibiotics as prescribed by a healthcare professional
- Never demand antibiotics, follow the advice of a healthcare professional



**[seriouslyresistant.com](https://seriouslyresistant.com)**

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