

**THE INCORRECT USE OF
ANTIBIOTICS PROMOTES THE
DEVELOPMENT OF ANTIBIOTIC-
RESISTANT BACTERIA.**



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THE EUROPEAN UNION DIE FROM IT!**



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

Direction de la santé



**EUROPEAN
ANTIBIOTIC
AWARENESS DAY**



A European Health Initiative 



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INADEQUATE?

The incorrect use of antibiotics promotes the development of antibiotic-resistant bacteria.

EACH YEAR, 25,000 PEOPLE IN THE EUROPEAN UNION DIE FROM IT!

ANTIBIOTICS ARE NOT A MAGIC POTION!

USE THEM ONLY IN CASE OF REAL NEED,
CONSULT YOUR DOCTOR.



COLD? FLU? TAKE CARE, NOT ANTIBIOTICS!

THE INCORRECT USE OF ANTIBIOTICS PROMOTES THE DEVELOPMENT OF ANTIBIOTIC-RESISTANT BACTERIA AND IS BAD FOR OUR HEALTH!

A CONTAGIOUS (INFECTIOUS) DISEASE CAN BE CAUSED BY VIRUSES, BACTERIA OR OTHER MICRO-ORGANISMS. ANTIBIOTICS ONLY KILL BACTERIA. THEY ARE USELESS AGAINST VIRUSES.



Thanks to **antibiotics**, we can **heal numerous life-threatening infections** such as pneumonia or wound infections that are caused by bacteria.

Owing to the **misuse and overuse of antibiotics**, **new types of resistant bacteria are evolving** that have become immune to previously effective antibiotics.

If this resistance to antibiotics continues to increase at its current rate, it will become more and more difficult to treat serious bacterial diseases successfully in the future.

Already today, **an estimated number of 25,000 people in the European Union die each year from infections caused by multidrug-resistant bacteria** for which currently no effective antibiotics exist.

THIS TREND IS INCREASING!

However, **viruses do cause most common infectious diseases that affect us**, such as a cold or flu.

As antibiotics are ineffective against viral infections, they can neither bring down a fever nor heal us quicker. Nor do antibiotics prevent viruses from spreading to other persons.

Most viral infections, such as a cold, sore throat, common cough or the flu, will go away on their own in about a week. Conventional medication can be used to help relieve symptoms of pain and fever.

The **best protection against the seasonal flu is annual vaccination**, preferably between October and December.





COMMON MISTAKES YOU SHOULD AVOID WHEN USING ANTIBIOTICS:

- 1 Giving your child antibiotics when it has a **cold or a cough** - caused by viruses – or insisting that your doctor should prescribe them.
- 2 Taking antibiotics (several times a year) **without consulting your doctor first**, whether your infection is of bacterial or viral origin.
- 3 Taking **leftover antibiotics** in order to speed up your recovery or to avoid absence from work.
- 4 **Stop taking antibiotics as soon as the symptoms have gone**, not following the prescribed duration of treatment.

HOW CAN YOU HELP PREVENT THE SPREAD OF INFECTIOUS DISEASES?

- Wash your hands several times a day. Use soap and water. Rub your hands for **at least 30 seconds**.
- **Keep your home clean** by regularly using disinfectants (soapy water, alcohol-based solutions) on flat and horizontal surfaces, door handles, toys etc.
- **Only use paper tissues** when you have to sneeze or cough and throw them immediately into the dustbin after use.
- If you don't have a tissue, **cough or sneeze in the crook of your elbow**.
- **Stay away from sick people/children and wash your hands** after each physical contact.
- **Stay (or keep your child) at home** when you are feeling ill and have a fever or other symptoms of a contagious disease that can be spread through the air.
- During a flu epidemic, **avoid big events and crowded places** where many people cough and sneeze.



HOW CAN YOU KEEP VITAL ANTIBIOTICS EFFECTIVE?

ANTIBIOTICS SHOULD ONLY BE USED IN CASE OF A CONFIRMED BACTERIAL INFECTION. FOLLOW YOUR DOCTOR'S OR PHARMACIST'S INSTRUCTIONS ON WHEN AND HOW TO TAKE THE ANTIBIOTICS, THE PRESCRIBED DOSAGE, THE TIMING OF YOUR DAILY DRUG DOSE AND PRESCRIBED DURATION OF TREATMENT.



WHEN SHOULD YOU TAKE ANTIBIOTICS?

IN CASE OF SERIOUS BACTERIAL INFECTIONS, SUCH AS PNEUMONIA, MENINGITIS OR WOUND INFECTIONS, ANTIBIOTICS ARE NEEDED AND CAN SAVE LIVES.

ONLY YOUR DOCTOR CAN DECIDE WHETHER YOUR CONDITION NEEDS ANTIBIOTIC TREATMENT.



With a rapid, painless test your doctor can determine, for instance, if a sore throat is due to a viral or bacterial infection, and in case of a bacterial infection, prescribe antibiotics.

ALWAYS FOLLOW THE ADVICE OF YOUR DOCTOR AND YOUR PHARMACIST:

AND WHEN YOU ARE ILL, HERE ARE SOME TIPS TO AID YOUR RECOVERY :

- Get plenty of rest;
- Air your rooms regularly;
- Drink plenty of fluids (water, herbal teas);
- Eat a healthy balanced diet (meals rich in vitamins, fruits and vegetables);
- Use an **inhaler** or a **saline nasal spray** to clear your airways when you have a cough and a blocked nose;
- When you have a sore and dry throat, you can **suck on ice cubes** or use a **disinfecting and soothing throat spray**; older children and adults can also benefit from throat lozenges;
- When you have **pain and fever**, you can **take analgesics and antipyretics to ease the symptoms**. Consult your doctor or your pharmacist for more information;



- In case of a **contagious disease** you should **avoid close contact** with others;
- If your symptoms do not get better or even become worse in the time frame indicated by your doctor, **consult your doctor again**.

FOR MORE INFORMATION:

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