

## What you can do to make sure that antibiotics remain effective

### When do I have to take antibiotics?

- Antibiotics are only effective for bacterial infections – they are not effective for virus infections (as for example for most of the common colds).
- Antibiotics do not prevent the transmission of viruses to other people.
- Only the medical doctor can make a correct diagnosis and decide whether antibiotics are necessary.
- Always consult your doctor or pharmacist before taking an antibiotic.
- There is no benefit in taking antibiotics without sensible reason.
- The improper use of antibiotics may have the consequence that bacteria become resistant. This means: In case you should need antibiotics in the future, they will possibly be ineffective.

### What do I have to observe when I take antibiotics?

- Take antibiotics only after the doctor's prescription.
- Carefully observe the medical instructions on the intake of the antibiotics.
- Do not keep remainders of antibiotics. When you obtained a larger amount of antibiotics than prescribed by the doctor for intake, ask the pharmacist about how to dispose of the remainders.

### Why do I have to act responsible when taking antibiotics?

- The reasonless and improper use of antibiotics may have the consequence that bacteria become resistant. Antibiotics will then not be effective any more. This does not only put at risk the health of those people taking antibiotics but also the health of all other people who later on will become infected with the resistant bacteria.
- Antibiotics are nowadays losing their effectiveness with a velocity which was not anticipated only five years ago. In case we will continue to use antibiotics as frequently in the future as we are doing now, it might happen that bacterial infections (e.g. pneumonia) will end up deadly more often.

# ANTIBIOTICS - TARGETED

## What else can I do?

- Always observe the recommendations of your doctor as to when, how often and how long you should take antibiotics.
- Never take any medicine prescribed to another person or which you received on the basis of a different diagnosis.
- Wash your hands regularly. It is the most important and most effective way to protect yourself against disease transmission and infections. Also ask your family and colleagues to do so.