

Help Reduce Antibiotic Resistance



Antibiotics are a precious resource used to treat bacterial infections in both humans and animals.

However, a growing number of bacteria are becoming resistant to antibiotics. This means these antibiotics are less effective, or don't work at all.

Without antibiotics, infections that were easily treated could kill.

WHAT YOU CAN DO

There are some simple things you can do to help reduce antibiotic resistance.

- Only take antibiotics prescribed for you.
- Never share antibiotics with others.
- Always take the full prescription.
- Keep your vaccinations up to date to prevent getting sick.
- Wash your hands to avoid spreading infections.



#AntibioticResistance

health.govt.nz/antibioticresistance

