


# SAFE - SUPERBUG AWARENESS FOR EDUCATION

#eithealthsafe  
safeinitiative.eu



 EIT Health is supported by the EIT,  
a body of the European Union



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THIS BROCHURE is part of the awareness campaign on Antimicrobial Resistance and Antibiotic consumption designed within the SAFE - Superbug Awareness For Education project, thanks to the collaboration of:

**ISGlobal** Institut de Salut Global  
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 UNIVERSITAT DE  
BARCELONA

 COL·LEGI DE  
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 Health

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The design of the cover has been made by the students of PTT Sant Celoni

## STOP SUPERBUGS: GET INVOLVED!

# WHAT CAN YOU DO TO HELP US STOP THE RESISTANCE?

## 1 WASH YOUR HANDS AND DO IT THOROUGHLY

For at least 40 seconds, with soap and frequently. It is the best way to prevent infections.

## 2 TAKE ANTIBIOTICS ONLY WHEN PRESCRIBED

Antibiotics only treat bacterial infections, NOT VIRAL ones. DO NOT SHARE NOR RECOMMEND ANTIBIOTICS

## 3 DO NOT STORE ANTIBIOTIC LEFTOVERS

Once the treatment is ended, bring the remaining antibiotics to the pharmacy.

# 2020

700.000 DEATHS EACH YEAR DUE TO ANTIBIOTIC RESISTANCE



# 2050

BY 2050, SUPERBUGS WILL BECOME THE FIRST WORLD WIDE CAUSE OF MORTALITY

Help us avoid the next pandemic!

# WHAT CAN YOU DO TO HELP US STOP THE RESISTANCE?

## 4 DON'T LEAVE THE TREATMENT HALFWAY THROUGH, IT'S LIKE LEAVING THE JOB HALF DONE

This causes the bacteria to not be fully eliminated and triggers the development of resistance, becoming superbugs..

## 5 BE AWARE, NOT EVERYTHING THAT COMES OUT ON SOCIAL MEDIA IS TRUE OR VERIFIED

Before paying attention to any influencer, consult your doubts to your doctor or pharmacist!

## 6 ACT NOW!

Antibiotics are essential to fight bacterial infectious diseases. Misusing them can cause them to stop being effective against diseases that are treatable today.