

Did you know...

- ▶ WHO estimates that, if nothing's done, by 2050 antibiotic resistance will increase annual mortality to **10 million people**.
- ▶ It is esteemed that each year more than **670 000 infections** are caused by antibiotic resistant bacteria and that approximately **33 000 people** die as a direct consequence of those infections.
- ▶ In Portugal, it is esteemed that **1160 people** die every year due to infections caused by antibiotic resistant bacteria.



This brochure was created within the project *SAFE - Superbug Awareness for Education*, with the goal of raising awareness to the global issue of antibiotic resistance.

Partnership with:



Antibiotic Resistance

A serious global issue



We can all be part of the solution!

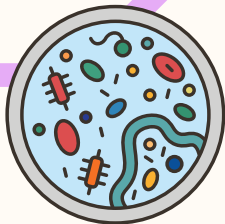




What are antibiotics?

Antibiotics are natural, chemical or semisynthetic compounds used to inhibit bacterial or other microorganisms' growth, used to help treating or preventing infections. They aren't effective against viral infections such as colds or the flu.

Bacteria can get resistance to antibiotics naturally. However, misuse and overuse of antibiotics makes that happen faster.



There are already bacteria capable of surviving treatments with antibiotics of several types, the **superbugs**.



What to do to prevent more resistance?

- Only use antibiotics in case of medical prescription;
- Always finish the treatment (even if you get better), and follow all of the doctor's indications (duration and dose schedule);
- Wash your hands often with water and soap;
- Have all the necessary care while handling food:
 - separate raw food from cooked food;
 - cook meat and fish thoroughly;
 - always wash vegetables well.

