

Five things to know about Antimicrobial Resistance (AMR)



Defeating AMR begins with knowledge that we can share.

Antimicrobial resistance is a growing problem in Canada and the world.

Drug-resistant infections threaten our ability to treat diseases, not only in people but also in animals and crops. AMR has ripple effects on economic and food security — it affects us all.

Let's build understanding of AMR, starting with just 5 things:

1

Bacteria and other microbes are developing resistance, reducing our options for safe and effective treatments

AMR means that Antimicrobials, including antibiotics, are losing effectiveness because Microbes are growing Resistant to them. This is happening faster than new drugs are being developed.

3

Unnecessary antibiotic use is a major driver of AMR, but there are safe ways to use less

Begin with the question: *Is an antibiotic truly necessary?* Most sore throats, coughs and colds are a result of viral infections and best treated with plenty of rest and fluids. Protect the effectiveness of antibiotics by only using them for bacterial infections.

2

Infections caused by resistant microbes are difficult — sometimes impossible — to treat

Resistant infections can lead to longer hospital stays, more visits to the doctor, and other treatments that cost more and cause more side effects. AMR is underestimated because its role in worsening the outcome of an illness is often not recognized as a cause of death.

4

Preventing common infections — like colds, flu or COVID — also helps control AMR

Remember that simple handwashing and keeping vaccinations up-to-date are two important ways to prevent the spread of infections. Fewer infections lead to less antibiotic use and reduced resistance.

5

Learn about responsible antimicrobial use

When an antibiotic or other antimicrobial is necessary, we can all help ensure appropriate use. **Patients:** Carefully follow your prescription to ensure effective treatment and minimize AMR. **Prescribers:** Consider the right drug, at the right dose, for the least duration proven to be effective.

AMR
Aware
Canada

Canadian collaborators unite to build awareness and spark action.

Visit www.AMRAware.ca