



WHAT YOU NEED TO KNOW ABOUT **ANTIMICROBIAL MEDICATIONS** LIKE ANTIBIOTICS

Any use of antimicrobial medication can increase the risk of germs developing resistance, making it harder to treat or prevent infections or illnesses. That is why health care providers are careful to prescribe antimicrobial medications only when necessary.

WERE YOU PRESCRIBED AN ANTIMICROBIAL MEDICATION?

YES

Your health care provider has given you a prescription for an antimicrobial medication.

It's important to follow your health care provider's instructions to help ensure antimicrobial medications continue to work when needed. Contact your provider if you have any questions or concerns.

Do:

- ✓ take all of your medications until finished, unless you have been told to stop taking them by your health care provider
- ✓ bring any unused medications to a pharmacy or nursing station for safe disposal

Do not:

- ✗ take someone else's medication
- ✗ share your medication with others
- ✗ save your medication to use another time

NO

Your health care provider determined that an antimicrobial medication isn't needed.

Antimicrobial medications such as antibiotics work on infections caused by bacteria. Antibiotics do not work on viruses, such as common colds and flu.

Viral infections such as common colds and flu will usually go away on their own. To help the process:

- ▶ get lots of rest
- ▶ drink plenty of fluids
- ▶ use over-the-counter medications to help relieve your symptoms



ANTIMICROBIALS



ANTIMICROBIALS INCLUDE ANTIBIOTICS, ANTIVIRALS, ANTIFUNGALS AND ANTIPARASITICS.

USE ONLY WHEN PRESCRIBED.

HERE'S HOW TO PREVENT FUTURE INFECTIONS

- ▶ Wash your hands regularly.
- ▶ Minimize contact with sick individuals when possible.
- ▶ Clean and disinfect household surfaces.
- ▶ Stay up to date on your vaccines.
- ▶ Prepare food safely.
- ▶ Practise safer sex.

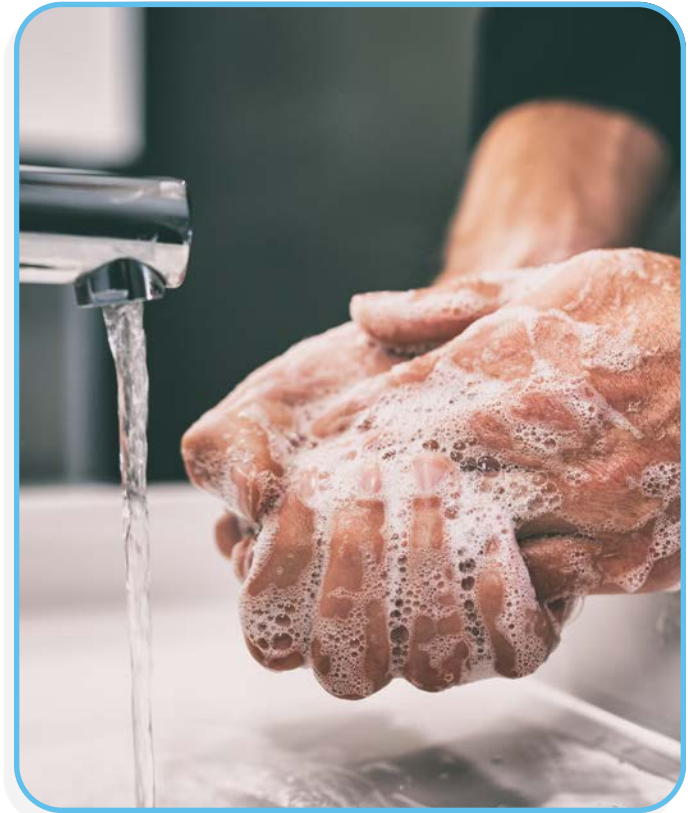
WHY SHOULD I CARE ABOUT ANTIMICROBIAL RESISTANCE?

Antimicrobial medication is used to stop or slow the growth of germs, including bacteria, fungi, viruses and parasites that cause infections. Antimicrobial resistance (also known as AMR) is when germs change in ways that they no longer respond to the medications. AMR makes it harder to prevent or treat infections.

Any use of antimicrobial medication can increase the risk of germs developing resistance making it important to use them as prescribed.

When you take your antimicrobial medication as prescribed, you're doing your part to help:

- ▶ stop or slow the rise of antimicrobial resistant germs and keep these essential medications working for everyone
- ▶ protect the health of people, animals and the environment since they all need similar antimicrobial medications to stop and fight infections



Protect yourself, your family and your community.

Learn more about antimicrobial resistance at canada.ca/antimicrobials