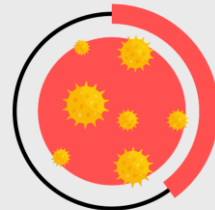


Are You Using Antibiotics Correctly?

Antibiotic resistance happens when bacteria change over time and no longer respond to the use of antibiotics.



8,000
bacteria infections
are caused by drug-
resistant bacteria per
year in Singapore.

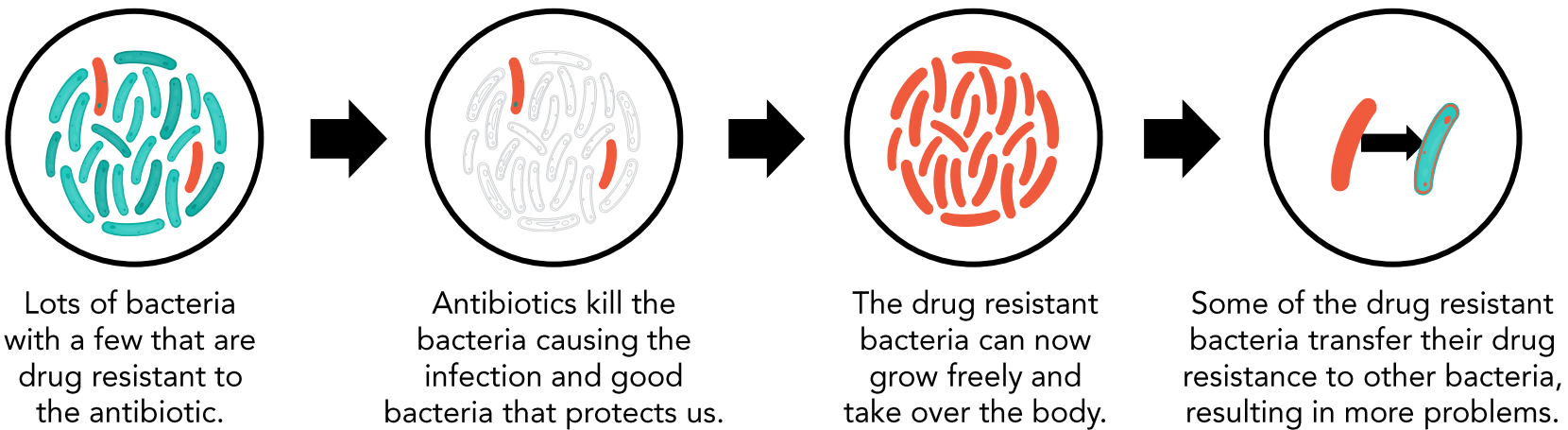


Close to 40%
of *Escherichia Coli*, a
bacteria that causes
urinary tract infection, is
resistant to a common oral
antibiotic used to treat it.

Source: Associate Professor Hsu Li Yang, head of the infectious diseases programme with the Saw Swee Hock School of Public Health at the National University of Singapore, published by Today Singapore, 22 Nov 2021.

How Antibiotics Resistance Happens

When we don't use antibiotics correctly, this can lead to antibiotic resistance.



Problems

1. Increase in drug resistant bacteria



- Bacteria in your body becomes resistant to antibiotics.
- Common antibiotics used to treat infections no longer work.

2. Increased health risks



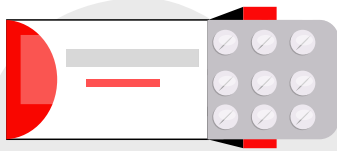
- It becomes harder to treat illnesses caused by antibiotic resistant bacteria.
- This can cause disability and death.

3. Increased medical costs



- Antibiotic resistance can also cause longer hospital stays and higher medical costs.

Prevention



- Take antibiotics only for bacterial infections.
- Antibiotics do not work against viruses that cause the common cold, flu or Covid-19.



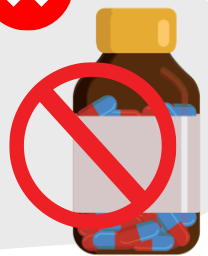
- Take antibiotics as prescribed and directed by your healthcare providers.
- Complete the full course of antibiotics as advised by your doctor.



- Adopt a healthy lifestyle.
- Make sure you keep up to date with your vaccinations.



- Do not save your antibiotics for the next time you fall sick.
- Do not share antibiotics.



HEALTH advice tips

Ask your Doctor or our Pharmacist before taking any medicines or if you are unsure of your condition. Click [here](#) to ask our Pharmacist now.



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