Be Smart!
What You Should Know
About Antibiotics

❌ **抗生素耐藥性只會發生在經常服用抗生素的人身上。**

抗生素耐藥性關乎你和你身邊的人,並不只是會發生在經常服用抗生素的人身上,因為細菌可以於人和人之間傳播。雖然抗生素耐藥性會自然發生,不當使用抗生素會加劇問題的發展。

實踐正確的感染控制措施,包括潔手,可預防傳播感染,從而減少使用抗生素的需要。

❌ **Antibiotic resistance will only happen in people using antibiotics frequently.**

Antibiotic resistance is related to you and the people around you, not only happen in people using antibiotics frequently as bacteria which are resistant to antibiotics can be spread from person to person. Though antibiotic resistance occurs naturally, misuse of antibiotics is accelerating the process.

Practise proper infection control measures such as hand hygiene to prevent spread of infections, which in turn reduces the need for antibiotics.

✅ **當我服用抗生素時,我可以採取預防措施去減低受耐藥細菌感染的機會。**

使用抗生素可治療細菌感染,但同時亦會殺死身體內之正常細菌,及增加感染耐藥細菌的風險。

保障你與你身邊的人的健康,服用抗生素時請加強個人衛生 :

- 時刻保持手部衛生 ;
- 食水和食物必須徹底煮沸及煮熟 ;
- 消毒及覆蓋傷口 ;
- 當有呼吸道感染徵狀時,請戴上口罩;
- 有傳染病徵狀的幼童,應盡可能減少接觸其他兒童。

抗生素是珍貴的,你可以出一分力去保存抗生素的功效!

✅ **I can take preventive measures to lower my risk of acquiring resistant bacteria when taking antibiotics.**

Antibiotic can cure your infection, but it also kills the normal bacteria in your body and predisposes you to acquire resistant bacteria.

To protect the health of you and the people around you, you should enhance your personal hygiene when taking antibiotics:

- Practise frequent hand hygiene;
- Eat or drink only thoroughly cooked and boiled items;
- Disinfect and cover all wounds;
- Wear mask if you have respiratory infection symptoms;
- Young children with symptoms of infection should minimise contact with other children.

Antibiotics are precious. You can help to preserve the effectiveness of antibiotics!

要精明!
抗生素知識你要知

❌ 抗生素是特效的消炎止痛藥，對所有炎症都有療效。

抗生素不是消炎藥。抗生素可以消滅或防止細菌生長，因此能醫治因細菌感染而引致的疾病。至於常用的消炎止痛藥，大致可分為兩類 (一) 止痛退燒，例如「亞士匹靈」及「對乙醯氨基酚」；(二)非類固醇消炎止痛藥，例如「布洛芬」、「吲哚美辛」及「萘普生」。這些消炎止痛藥是不能消滅或防止細菌生長。

抗生素只能有效地用作治療細菌感染。

❌ Antibiotics are magical anti-inflammatory and painkilling drugs that treat all kinds of inflammation.

Antibiotics are not anti-inflammatory drugs. Antibiotics eliminate or prevent bacterial growth and can therefore cure diseases caused by bacterial infection. Commonly used anti-inflammatory and painkilling drugs can be generally classified into two categories, (i) analgesics and antipyretics (e.g. aspirin and paracetamol), (ii) Non-Steroidal Anti-Inflammatory Drugs (NSAID) (e.g. ibuprofen, indomethacin and naproxen). These anti-inflammatory and painkilling drugs cannot eliminate or prevent bacterial growth.

Antibiotics are only effective for treating bacterial infections.

❌ 使用剩餘或家人、朋友的抗生素來治療同樣的不適是可以的。

自行服藥可使疾病得不到合適的治療，令健康受損。治療疾病，需對症下藥。同一病徵(例如發燒)可出現於多種由不同成因引致的疾病，因此相似的病徵，並不代表同一種疾病。不同的細菌感染是需要不同種類的抗生素來治療的。此外，剩餘的抗生素有可能因貯存不當，令藥物失效。

在沒有醫生處方下服用抗生素是危險的。

❌ It is okay to take leftover antibiotics, or antibiotics that were given to a family member or friend as long as they were used to treat the same illness.

Self-medication could put your health at risk by not receiving appropriate treatment. Management of diseases require targeted treatment to the pathogenic factors. Same symptom (e.g. fever) can appear in many diseases with different underlying causes. Therefore, similar symptoms do not represent the same disease. Infections caused by different bacteria require different types of antibiotics to treat. Moreover, leftover antibiotics may have lost their therapeutic potency due to improper storage.

Taking antibiotics without doctor prescription can be risky.

✅ 抗生素可引起不良副作用。

正確地使用抗生素一般是安全的。部份病人在服食抗生素後，可能會出現嘔吐、肚瀉、便秘、頭痛和過敏反應如出紅疹。如有上述現象，應停止服藥並請教醫生，並在日後求診時，告知醫生你的藥物敏感史。

所有藥物包括抗生素都有其副作用，因此需要慎用。

✅ Antibiotics could cause side effects.

Antibiotics are relatively safe when used appropriately. Some patients may develop vomiting, diarrhoea, constipation, headache and allergic reactions such as rash after medication. In such cases, you should stop medication and consult your doctor. In future medical consultations, tell the doctor about your drug allergy history .

All medications including antibiotics have their own side effects and therefore should be used discriminately.
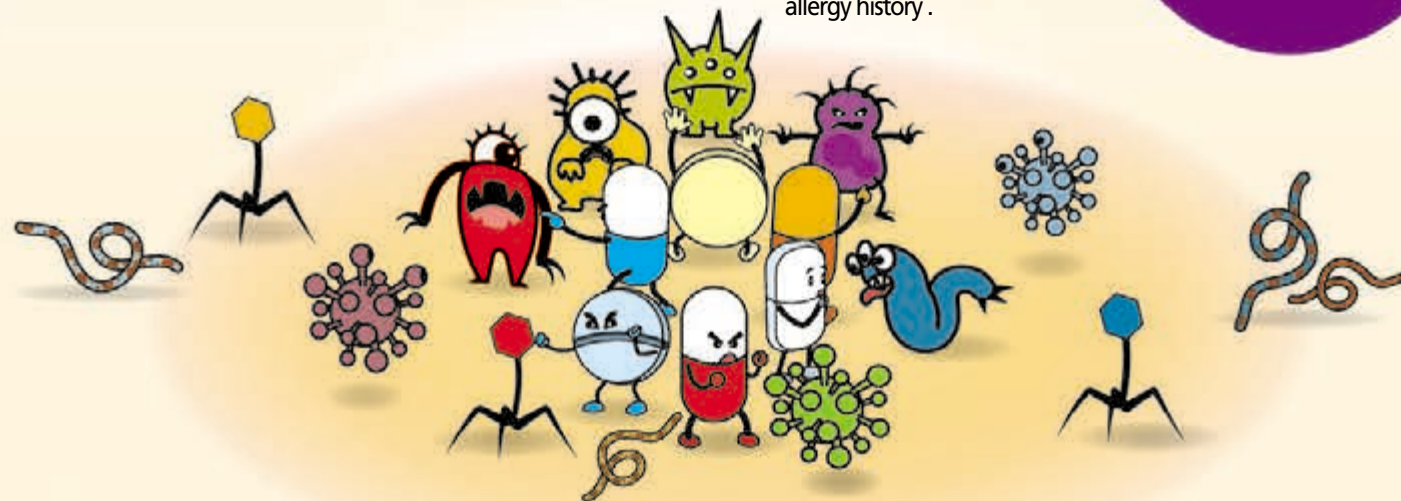
❌ 當我感到病情好轉時，我可自行決定停服抗生素。

病徵通常在所有細菌被消滅前會有所改善，因此感到病情好轉並不代表你的感染已完全治癒。如果停服抗生素，細菌可能產生耐藥性，以致日後再用這類抗生素時，不能根治疾病。

時刻遵照醫生的指示服用抗生素。

❌ If I feel better, I can stop antibiotics on my own.

Symptoms commonly improve before all the bacteria are eradicated and thus feeling better does not mean your infection has been fully treated. If you stop taking antibiotics, bacteria may develop antibiotic resistance which would render the same antibiotic ineffective in curing the same disease in the future.

Always follow doctor's advice when taking antibiotics.