Prevent Antibiotic Resistance

- Practise frequent hand hygiene
- Do not demand antibiotics from your doctor
- Follow your doctor’s advice when taking antibiotics
- Do not stop taking antibiotics by yourselves even if you are feeling better

90% of upper respiratory tract infections* do not need antibiotics
* such as common cold and influenza that are of viral origin

Centre for Health Protection Website
www.chp.gov.hk

Department of Health