

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



Antimicrobial Resistance Thematic Webpage, Department of Health



Department of Health