

應對 抗菌素耐藥性

Combat Antimicrobial Resistance (AMR)



What is Antimicrobial Resistance (AMR)?

AMR happens when microorganisms (e.g. bacteria, viruses, fungi and parasites) evolve to become resistant to previously effective medications (i.e. antimicrobials).

What causes AMR?

AMR occurs naturally over time through genetic changes. It develops when microorganisms adapt and grow in the presence of antimicrobials (including properly used antimicrobials).

However, AMR is accelerated by misuse and overuse of antimicrobials (examples include misuse of antibiotics for treatment of viral infections such as common cold and influenza, and improper use of antimicrobials on food animals). Among all antimicrobials, resistance to antibiotics for treatment of bacterial infection is the most serious problem.

What are the consequences of AMR?

If the problem of AMR does not improve, existing antimicrobials would become ineffective and infections could not be cured, resulting in prolonged illness and increased risk of death.

Without effective antimicrobials for prevention and treatment of infections, medical procedures such as organ transplantation, chemotherapy for cancer, diabetes management and major surgeries become more risky in particular for patients who are frail.

What should the general public do to combat AMR?

AMR is affecting everyone. Members of the public should also play an important role in combating the threat of AMR by the following:

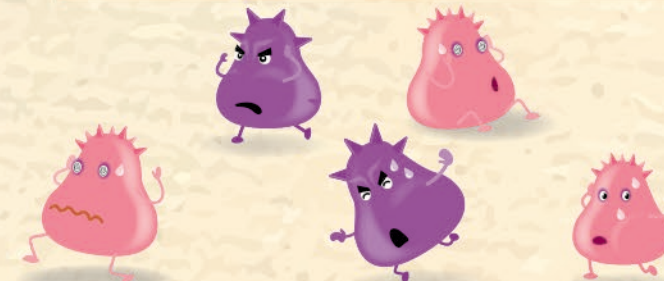
1. Proper use of antibiotics

- 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
- Do not take leftover antibiotics
- Do not share your antibiotics with others
- Do not self-purchase antibiotics without a prescription

2. Practise frequent hand hygiene, especially before eating and taking medicine, and after going to the toilet

3. Ensure your vaccination is up-to-date

4. Maintain cough etiquette, wear a surgical mask if you have respiratory symptoms



What are the precautions when taking antibiotics?

1. You should enhance your personal hygiene to protect the health of you and your family:
 - Practise frequent hand hygiene
 - Eat or drink only thoroughly cooked and boiled items
 - Disinfect and cover all wounds
 - Wear a surgical mask if you have respiratory symptoms
 - Young children with symptoms of infections should minimise contact with other children
2. Follow your doctor's advice when taking antibiotics and do not stop taking antibiotics by yourselves even if you are feeling better. Consult your doctor or pharmacist if in doubt.

Antimicrobials are a precious resource and their effectiveness must be preserved to protect us from infections.

