

Safe Use of Antibiotics

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(Simplified version)



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What are Antibiotics?

- Antibiotics are used for treating bacterial infections
- They do not work for viral infections such as a cold or the flu



Are There Any Risks of Using antibiotics?

- Side effects
 - Each type of antibiotic has its **specific** side effects
 - **Common** symptoms include: nausea, vomiting, constipation or diarrhoea and headache
- Allergic reactions
 - e.g. Skin rash, itchiness and breathlessness
 - If you have any allergic reaction(s) after taking antibiotics, you should bring the drugs to consult a doctor promptly
- Increase the risk of infections due to resistant bacteria

What are Antibiotic Resistant Bacteria?

- Bacteria change in ways to become resistant to the antibiotics which they are previously sensitive to
- That is, the previous effective treatment is no longer capable of controlling the same infection
- When the bacteria become resistant to most antibiotics, they are referred to as “superbugs”

Infection due to Resistant Bacteria

- While taking antibiotics, they will also kill the normal bacteria in our body and increase the risk of acquiring more resistant bacteria
- Infections due to resistant bacteria are very difficult to treat
- Posing a significant threat to population health

Points to Note When Taking Antibiotics

- Consult the doctor for using the right drug for the disease and follow health professionals' instructions on using antibiotics
- Never share antibiotics with other people or store them up for later use
- Enhance personal protective measures
 - Maintain proper hand hygiene
 - Consume food or drinks that are thoroughly cooked or boiled
 - Disinfect and cover all wounds properly
 - Wear a mask while having respiratory symptoms
 - Young children with symptoms of infection should minimise contact with other children



Summary

Safe Use of
Antibiotics API



- Antibiotics are used to treat bacterial infections, they do not work for a cold or the flu
- Consult a doctor first, let him decide if antibiotics are needed
- Antibiotics kill normal bacteria in our body, increase the chance of acquiring resistant bacteria
- Enhance personal hygiene when taking antibiotics