



European  
Commission



# Antimicrobial Resistance A global health challenge!

## Antimicrobial resistance (AMR)

is when antibiotics no longer work as they should.

This creates an enormous health risk. That is why it is so important that we all play our part in tackling antimicrobial resistance.

## Why?

Antimicrobial resistance occurs when the microbes that cause infections become resistant to the medicines designed to treat them. They build up a protective 'shield' that makes it difficult for medicines to 'break through' and do their job.

When that happens, the antibiotics we rely on for a whole range of treatments no longer work.

In a world without antibiotics, a tooth abscess or simple wound could kill you and surgery could become too dangerous to perform.

## Did you know?



Antimicrobial resistance causes more than **35,000 deaths** every year in the EU/EEA.<sup>1</sup>



**Anyone can be affected by antimicrobial resistance.**

Regardless of where they live or what age they are, people all over the world can become infected by bacteria that has developed a resistance to antibiotic medicine.



**Antibiotics will not help cure a sickness caused by a virus, such as winter colds and flu.**

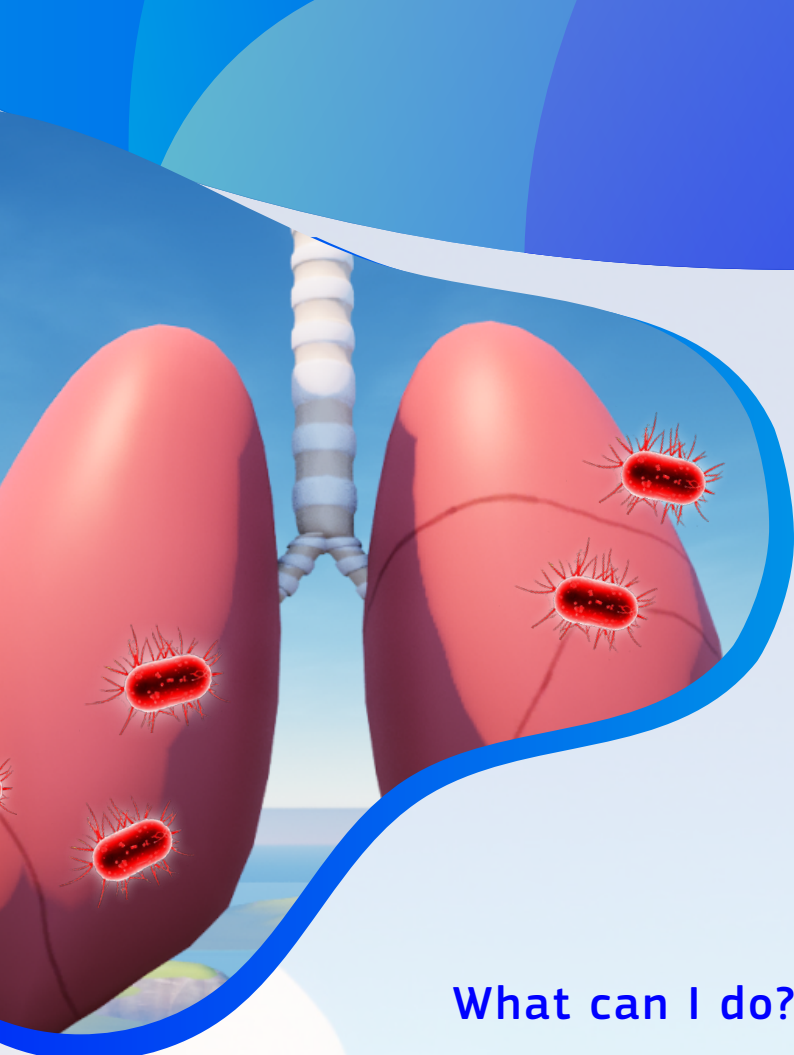


Although it's not talked about very much, **antimicrobial resistance is a BIG threat to global health.** It could affect each and every one of us in the near future.



**Antibiotic misuse in farming** and agriculture can lead to antimicrobial resistance, which can in turn affect humans via the food chain.

<sup>1</sup> <https://www.ecdc.europa.eu/en/news-events/eaad-2022-launch>



## What's being done?

- Many countries are coming together to try and find ways to beat the superbugs and reduce antimicrobial resistance.
- In Europe, we are trying to reduce our intake of antibiotics. EU countries have set a goal to reduce the number of antibiotics we take by 20%.
- In the EU, farm animals are not given antibiotics unless prescribed by a veterinarian.
- And many scientists are busy trying to develop new medicines that aren't resistant to the bugs yet.

## What can I do?



Wash hands regularly, and cover your mouth if you sneeze to stop the spreading of nasty germs.



Prevention is better than cure! Practice good hygiene every day to avoid infections.

Your body has super healing powers! If you do catch a cold or flu virus, don't take antibiotics! Rest, drink lots of water and eat nutritious food to help it.



If you feel you are getting sick, stay at home so that others don't catch your germs too.



If you are prescribed antibiotics, make sure you finish the entire course so they can do their job efficiently.

**No cheating!**

**KNOWLEDGE  
IS POWER**

Tell your friends and family about antimicrobial resistance and help spread the word - not the bug!

BECOME AN **ANTIMICROBIAL RESISTANCE GAMECHANGER!**