

# Antibiotic Resistance: Five Things to Know



Antibiotic resistance (AR) is one of the most urgent threats to public health. AR is a “one health” problem and connects to the health of people, animals, and the environment.

***Each year in the United States, at least 2.8 million people are infected with antibiotic-resistant germs, and 35,000 people die every year because of them.***

# 1



**AR occurs when germs defeat the drugs designed to kill them.**

It does NOT mean the body is resistant to antibiotics.

# 2



**AR can affect people at any stage.**

Infections caused by resistant germs are difficult to treat. These infections require extended hospital stays, follow-up doctor visits, and use of treatments that may be costly and toxic to the patient.

# 3



**Healthy habits can protect you from infections and help stop germs from spreading.**

Get recommended vaccines, keep hands and wounds clean, and take good care of chronic conditions, like diabetes.

# 4



**Antibiotics save human and animal lives. Any time antibiotics are used, they can lead to side effects and resistance.**

Antibiotics do not work on viruses, like colds and the flu. Talk to your healthcare provider or veterinarian about whether antibiotics are needed.

# 5



**AR has been found in all regions of the world.**

Modern trade and travel means AR can move easily across borders. It can spread in places like hospitals, farms, and the community. Tell your healthcare provider if you recently traveled or received care in another country.