



# Combat Antibiotic Resistance

## Protect Yourself and Your Family

Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat, but we can help stop the spread of these germs. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.

**No one can completely avoid getting an infection, but there are steps you can take to reduce risk.**



**Know Your Risks, Ask Questions, and Take Care.** Ask your provider about risks for certain infections and sepsis. Speak up with questions or concerns. Keep cuts clean and covered until healed, and take good care of chronic conditions.



**Be Aware of Changes in Your Health.** Talk to your healthcare provider about how to recognize signs and symptoms of infections, or if you think you have an infection. If infection isn't stopped, it could lead to complications like sepsis.



**Get Vaccinated.** Vaccines are an important step to prevent infections, including resistant infections.



**Practice Healthy Habits Around Animals.** Always clean your hands after touching, feeding, or caring for animals, and keep your animals healthy.



**Prevent STDs.** Gonorrhea can be resistant to the drugs designed to treat it. The only way to avoid STDs is to not have sex. If you have sex, lower your risk by choosing safer sexual activities and using condoms the right way. You and your partner should be treated right away if you test positive to keep from getting infected again.

**Clean Your Hands.** Keeping your hands clean is one of the best ways to prevent infections, avoid getting sick, and prevent spreading germs.



**Use Antibiotics Appropriately.** Talk with your provider about the best treatment when you or your family is sick. Antibiotics save lives, but any time they are used, they can cause side effects and lead to antibiotic resistance.



**Stay Healthy When Traveling Abroad.** Be vigilant when traveling. Know what vaccinations are needed, check health alerts, stick to safe food and drinks, plan in advance in case you get sick, and learn about risks of medical tourism.



**Prepare Food Safely.** Follow these steps to avoid food-borne infections. Clean your hands, utensils, and surfaces. Separate raw meat from other foods. Cook foods to safe temperatures. Chill leftovers and other foods promptly.



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