



Think Twice. **Seek Advice.**

Taking antibiotics when they are not needed accelerates emergence of antibiotic resistance, one of the biggest threats to global health.



Overuse of antibiotics can cause bacteria to become resistant, meaning current treatments will no longer work

Not all infections can be treated with antibiotics; antibiotics don't cure viruses like colds and flu

Only take antibiotics prescribed to you, do not share them with family or friends

Antibiotics are not always the answer. Do not demand antibiotics if your health care professional says you don't need them

Always seek the advice of a qualified health care professional when taking antibiotics



For animals, seek advice from a qualified veterinarian



World Health Organization