In many countries antibiotics are used to make animals grow faster (growth promotion) or to prevent diseases in healthy animals. The overuse and misuse of antibiotics in humans and animals leads to emergence of superbugs, which can no longer be treated with antibiotics. People will once again die from common infections.

**WHAT YOU CAN DO TO PROTECT YOURSELF FROM SUPERBUGS THAT MAY BE IN FOOD:**

1. Follow the WHO Five Keys to Safer food
   - Keep clean
   - Separate raw and cooked
   - Cook thoroughly
   - Keep food at safe temperatures
   - Use safe water and raw materials

2. Choose foods produced without the routine use of antibiotics

[who.int/foodsafety](http://who.int/foodsafety)

[DID YOU KNOW THAT SUPERBUGS CAN BE FOUND IN FOOD?](#)

Bacteria are everywhere in soil, water, plants, animals, people and food. There are 3 types of bacteria:

**The GOOD ones**
- Useful for health

**The BAD ones**
- Make food smell and taste bad

**The DANGEROUS ones**
- Cause foodborne diseases
Dangerous bacteria cause severe **foodborne diseases** that may need to be treated with antibiotics.

Antibiotics kill most bacteria...

...but some can survive and become **antibiotic resistant** (=superbugs)

And **share resistance** with all other bacteria

**Superbugs** multiply and spread everywhere

Superbugs can spread in the **environment** (e.g. through human faeces or animal manure) and contaminate **foods**, including fruits and vegetables.

They can spread through **human-to-human** contact...

or by **eating** contaminated food if the food is not handled or cooked properly.