

KEEP ANTIBIOTICS WORKING

5 Key Messages for Health and Social Care Staff in Scotland



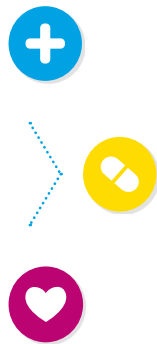
1 WHAT IS ANTIBIOTIC RESISTANCE?

The overuse of antibiotics in recent years means they are becoming less effective and has led to the emergence of 'super bugs' (bacteria that have developed resistance to many types of antibiotics). This leads to people developing antibiotic resistant infections.



2 WHY DOES THAT MATTER?

By safeguarding the use of antibiotics, we provide better outcomes for those requiring treatment, reduce the spread of infections and ensure that antibiotics keep working for many years to come.



3 WHO CAN HELP?

You can help.

Everyone has a part to play in keeping antibiotics working both at work and in your personal life.



4 HOW DO YOU DO THIS?

By understanding your role in relation to safeguarding the use of antibiotics and the treatment of infections you can:

- Help to **prevent infections by doing simple things** like washing your hands, cleaning reusable equipment and discarding tissues in the bin.
- Be aware that **antibiotics are not effective for all infections** and may not speed up recovery e.g. cold. Instead rest, take pain relief and drink plenty of fluids.
- Ensure that **dipstick testing is not used to diagnose UTI in people over 65 years or with a catheter**. Be aware that dark coloured or unpleasant smelling urine can be caused by **dehydration rather than infection**. Ensure people drink plenty to help prevent dehydration, avoid unnecessary antibiotics and admission to hospital.
- Ensure **antibiotics, if prescribed, are given as directed** as it helps them to work better.
- Be aware that the latest evidence suggests that **most common infections rarely require antibiotics for more than 5 days**. If antibiotics are prescribed for longer than this, you can ask if they are still needed.

Sign up to become an Antibiotic Guardian:

> <https://antibioticguardian.com/>

5 WHERE CAN I GET MORE INFORMATION?

> www.nes-hai.info