

## SPREAD THE LOVE - NOT THE INFECTION

- *talk sex with your partner*
- *practice it safely*
- *remember hygiene, keep it clean*

AVOID CATCHING AND SPREADING A SEXUALLY TRANSMITTED DISEASE  
OR THE RUDE AWAKENING OF A KILLER SUPERBUG

DONATE TO OR ORGANISE A FUNDRAISING EVENT TO BEAT SUPERBUGS  
VISIT: [WWW.ANTIBIOTICRESEARCH.ORG.UK](http://WWW.ANTIBIOTICRESEARCH.ORG.UK)

## News Release

### Valentine's lovers urged to keep it clean

Charity **Antibiotic Research UK** (ANTRUK) has urged February 14<sup>th</sup> lovers to talk sex and practice good hygiene in a bid to prevent deadly infections.

And they also want doctors to change the name of health clinics and parents to stop opening and binning confidential letters detailing their grown-up children's smear test results and reminders.

Recent statistics showed a rise in sexually transmitted infections (STIs) and the biggest spike in gonorrhoea cases in the UK since the 1970's.

Plus, Public Health England highlighted two cases of so-called super-gonorrhoea last year that were untreatable with the usual antibiotics – and resulted in one patient going on a drip.

Pressure groups put the increase in STIs down to cuts in sexual health services. But ANTRUK believes that public ignorance around the dangers of unprotected sex and poor personal hygiene are also contributing.

Which is why the charity is working with universities on a social media campaign to encourage students to “share the love, not the infection” and get tomorrow's doctors, dentists and vets to hold events to raise money to find new cures for so-called superbugs (*see attached Facebook and Twitter header*).

“The outbreak of AIDS in the mid 1980's brought with it a real movement towards safe sex but attitudes have since become lax” said Professor Colin Garner, Founder and Chief Executive of ANTRUK, “ignorance abounds, too. I wonder how many people know that bacteria can enter the body during intercourse and cause urinary tract infections and that the Pill offers no protection against infection at all?”

ANTRUK called for more openness and dialogue around sexual health, including a discussion about clinics being given a different name to avoid unnecessary embarrassment. Professor Garner added: “In certain communities, vital letters about women's health are destroyed by parents before they are seen by their intended recipient – which makes a strong case for different kinds of communication, including personal text messages.”

Manchester University is one of the partners endorsing the social media drive. Antibiotics Ambassador Caitlin Greeland-Bews added: “Our AMR Organisations Group will be designing their own Facebook banner promoting communication with your partner, use of barrier methods, the importance of getting tested regularly and a list of charities that are there to help you. Students say they are taught about safe sex in schools but cuts to services haven't helped and just how visible are messages about sexual health?”

Figures released last month showed that antibiotic-resistant infections treated by the NHS had risen by 9% over the last year. With little attempt being made to create better

medications, ANTRUK Chief Executive Professor Colin Garner warned that prevention might be the only option to save lives – for now.

“Public apathy plus the overuse and misuse of antibiotics has exacerbated this situation and we all need to do our bit to solve it. We have to stop demanding antibiotics from our GP, as some kind of silver bullet for every illness and support and donate to ANTRUK so that we can find a potential cure and prevent up to 10 million people perishing from antibiotic resistant infections by 2050.”

Antibiotic Research UK is the only charity in the world dedicated to saving modern medicine and fighting drug-resistant superbugs. They also have a programme in place to better inform and support people living with antibiotic averse infections. Learn more about their work and support it, by visiting <https://www.antibioticresearch.org.uk/>

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**For further information**

Please contact Peter Gibson on 0759 202 8142 or email [media@antibioticresearch.org.uk](mailto:media@antibioticresearch.org.uk)

Learn more about Antibiotic Research UK (ANTRUK) at [www.antibioticresearch.org.uk](http://www.antibioticresearch.org.uk)

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