

# Antibiotic-resistant infections

## ARE YOU AT RISK?



Find out more,  
and hear from  
people who live  
with resistant  
infections.



**Antibiotic  
RESEARCH UK**

FIGHTING ANTIBIOTIC RESISTANCE  
TODAY AND TOMORROW



**Antibiotics are truly amazing medicines that treat bacterial infections. But years of not always using them properly means that they have become less effective. Surgery, dental work, childbirth, cancer treatments and minor injuries could all become life threatening without working antibiotics.**

So, what can you do to help keep antibiotics working? One way is to only take antibiotics when you really need them. Some infections are caused by viruses or fungi, so antibiotics do not help. Many bacterial infections will clear up on their own after a few days.

**It is the bacteria that become resistant, not you. You could still get a resistant infection, even if you have never taken antibiotics. That's why it's so important for all of us to play our part.**



### **Nina's story**

Nina developed an antibiotic-resistant infection after routine surgery. She now requires continuous antibiotics. She has been hospitalised for intravenous antibiotic treatment multiple times to prevent her getting septicaemia again.



**The medical team told me that there are potentially only five antibiotics left to treat the infection I have.**

**I would really like to know what the future holds, no one seems to know if I will always have these infections.”**

## Mary's story

Mary has an antibiotic-resistant bladder infection. She believes that people are underestimating the impact of resistant infections.



Not knowing when I might next fall ill makes me feel unreliable as a wife, mother and friend. There is constant fear of the next flare-up which can strike at any time.”

Here are five ways you can help keep antibiotics working.

- Wash your hands properly and often to avoid spreading infections.
- Never take anyone else's antibiotics, and never share yours.
- Always take all the antibiotics you are prescribed, even if you feel better before you have finished them.
- Trust your health professional's advice; not all infections require antibiotics.
- Dispose of any unused antibiotics at the pharmacy – not in the bin or down the loo.

**Spread awareness, not resistance. The health of future generations depends on it.**

Antibiotic Research UK is the only charity in the UK dedicated to tackling antibiotic resistance and supporting those affected by it. You can learn lots more about bacteria, infections and antibiotics on our website. Please help us spread the word.

Visit [antibioticresearch.org.uk/about-antibiotic-resistance/](https://antibioticresearch.org.uk/about-antibiotic-resistance/) or scan the QR code below.

### Tony's story

Tony, a pub landlord, found himself in isolation in hospital on powerful intravenous antibiotics after he developed a severe MRSA infection in his spine.



It took me eight weeks to improve. I could barely walk at first.

When I first became ill, I didn't know that some people carry MRSA in their body; nor that very few antibiotics are effective against it."

Tony

Worried about an infection? Visit our website to find out how to talk to our Patient Support Service.

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