

# Antibiotic-resistant infections

## ARE YOU AT RISK?



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



**Antibiotic**  
RESEARCH UK

ACTING NOW TO STOP  
DRUG-RESISTANT INFECTIONS



**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.**



### Annabelle's story

Annabelle fractured her leg during a horse-riding accident. She experienced recurring and increasingly resistant infections around the metal frame inserted to help heal her leg. Recovery from surgery and healing was very difficult and took years.



**Without working antibiotics, I would not have my leg today. My fear throughout this journey was that the recurring infections would become fully resistant to the antibiotics and nothing would work."**

## 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. I can become very ill very quickly..."

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 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."**

Worried about an infection? Speak to your pharmacist or your GP about concerns, further investigations and treatment options. If you need trustworthy info or support contact our Patient Support Service via the website or QR code here.

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