

9



Practice safe sex.

Use protection and take regular testing for STIs.

10



Limit your contact with others when being sick.

11

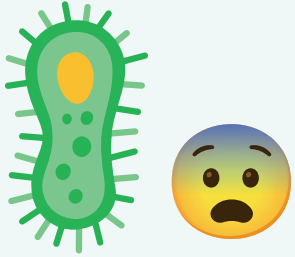


Do not share personal items, such as razors, glasses or other utensils to reduce the risk of bacterial transmission, or any other infections.

WHAT CAN YOU DO TO PREVENT ANTIMICROBIAL RESISTANCE?



1



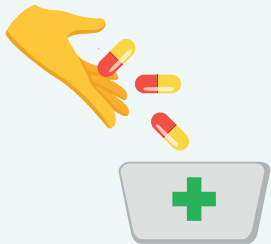
The abuse and misuse of antibiotics favors the development and spread of resistant bacteria, and generates the need for alternative treatments that are effective against them. **Remember, bacteria are becoming resistant, not you!**

2



Even if you feel better, **do not leave the treatment halfway.**

3



Bring the leftover antibiotics to the pharmacy.

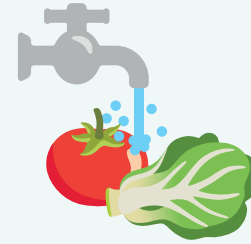
Do not share them, keep them or throw them as garbage.

4



Keep your personal hygiene: **wash your hands thoroughly with soap during 40 seconds.** Do it frequently, particularly after being outdoors or using the toilet, and before touching food.

5



Safe food handling:

Wash the vegetables and fruits, especially when you are going to eat them raw. Keep the fridge, sinks and other surfaces clean.

6



Be properly informed:

Not everything that appears on social media is reliable. When having doubts, seek your health care professional.

7



Take antibiotics only with a prescription.

Do not share antibiotics with others nor keep the leftovers.

8



Be up-to-date on vaccinations