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NHS



Have you heard of antibiotic resistance?

Antibiotic resistance is what happens when types of bacteria learn how to fight back against the antibiotic treatments we use to get rid of them.

By using antibiotics more than we need to in recent years, it has made them less effective and has led to the rise of “superbugs”. These are types of bacteria that have developed resistance to many different types of antibiotics.

Why is this important?

If we carry on taking antibiotics in the wrong way, in the future they could stop working altogether. Without antibiotics, many common treatments will become more and more dangerous – including fixing broken bones, treatments for cancer and routine operations like caesareans.

What can we all do to help?

It's important to remember that antibiotics aren't always the right treatment.

Most common infections don't get better any quicker with antibiotics. In lots of cases, the infection will clear without the need for additional treatment. If you are not sure, your local pharmacy can offer advice on over the counter treatments and self care.

If you are worried about your child there is lots of helpful information on the NHS website:

Visit www.nhs.uk/conditions/baby/health and you will find advice on colds, coughs, ear infections and other common illnesses.

Find out more about antibiotic resistance at seriouslyresistant.com and see our free resources on our [YouTube channel](#)

Thanks for your support!

Mike Robb

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