

HELP REDUCE ANTIBIOTIC RESISTANCE



Antibiotic resistance occurs when bacteria that can make you sick change so that the antibiotics used to treat them do not work as well.

LOWER YOUR RISK OF GETTING SICK



KEEP YOUR
HANDS CLEAN.



KEEP YOUR GERMS
TO YOURSELF.



GET
VACCINATED.



CLEAN COMMON
SURFACES WITH
SOAP AND WATER.



IF YOU'RE SICK,
STAY HOME.



STORE, HANDLE
AND PREPARE
FOOD SAFELY.



PRACTICE
SAFER SEX.

IF YOU ARE PRESCRIBED
ANTIBIOTICS BY A
HEALTHCARE PROFESSIONAL



USE THEM AS DIRECTED—
EVEN IF YOU FEEL BETTER:



take the
exact amount



at the right
time of day



for the exact
amount of time

Don't share
antibiotics
with anyone.

If you are told to stop taking antibiotics, return unused medicine to the pharmacy.

TO LEARN MORE, VISIT [CANADA.CA/ANTIBIOTICS](https://canada.ca/antibiotics)



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