AMR ACTION UK

Are you at risk of a resistant infection?

Could you be at risk of an infection that is hard to treat? This simple guide will help you lower your chances of infection and know when to get help.

Some infections are becoming harder to treat because certain medicines, such as antibiotics, do not work well against the germs causing them. You can help protect yourself by reducing your risk of infection and getting medical advice if you are unwell.

You may be at higher risk if you:

- Are a child or older adult.
- Have a weakened immune system.
- Have a long-term health condition such as diabetes or kidney disease.
- Are having chemotherapy, transplant treatment or take high-dose steroids.
- Get frequent infections and need medication often.
- Have a catheter or another medical device.
- Have recently had surgery, stayed in a hospital or are in a care home.

AMR Action UK is a registered charity in England and Wales (1157884) and Scotland (SC055094)

What is antimicrobial resistance (AMR)?

Antimicrobial resistance (AMR) happens when germs change and medicines used to treat them no longer work as well. This can make infections harder to treat.
Most people still get better, but they may need:

- Different medicines
- More tests
- Longer treatment
- Specialist care

What are "Superbugs"?

A "Superbug" is a common name for germs that are resistant to several medicines. An example is MRSA.

Help protect yourself from infection

- Wash your hands with soap and water for at least 20 seconds, especially before eating, after using the toilet and after coughing or sneezing.
- Keep cuts and wounds clean and covered.
- Stay up to date with vaccinations.
- Only take antibiotics when advised by a doctor, nurse or pharmacist, finishing the course and never sharing them with other people.

Accessing Support and Information

Encourage people to speak to their GP for medical advice.
For other information, opportunities to connect with others affected by AMR and to use lived experience for positive change, contact **AMR ACTION UK.**

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