AMR ACTION UK

Caring for someone with an Antimicrobial-Resistant (AMR) infection

Simple steps to stop infection spreading, support treatment needs safely and know when to get help or advice.

If you are caring for someone with an antimicrobial-resistant infection, remember three key things: wash your hands often, follow the treatment plan exactly as instructed, and get medical help quickly if the person becomes more unwell.

What is Antimicrobial Resistance (AMR)?

AMR means the germs causing an infection are harder to treat with medicines, such as antibiotics. The person can still get better, but they may need extra tests, care and advice from health professionals.

People do not become resistant to the medicines, the germs do.

What are “superbugs”?

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

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

Simple ways to stop germs spreading

- Keep shared surfaces and equipment clean.
- Avoid close contact with others if you are unwell.
- Wash your hands before and after giving care and handling food.
- Clean your hands after touching medicines, wounds, laundry, rubbish, urine, poo or vomit.
- Put used sharps in a sharps safety bin.
- Wear gloves and an apron if you may touch blood, wounds, urine, poo or vomit.
- Keep cuts, wounds and dressings clean, dry and covered as advised.
- Put used dressings, tissues, gloves and aprons in the bin safely.

Support treatment safely

- Follow the plan from the doctor, nurse or pharmacist.
- Help the person take their medicine at the right time and in the right amount.
- Keep giving the medicine for the full time you have been told, even if the person starts to feel better.
- Do not share antibiotics or keep antibiotics for another time - use them only when prescribed and take them exactly as advised.

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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