

# 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



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)



Public Health  
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