

Who can prescribe or give out antibiotics?

The professions in the UK that have had the right training to prescribe antibiotics include:

- ✓ Doctors
- ✓ Dentists
- ✓ Nurse independent prescribers
- ✓ Pharmacist independent prescribers
- ✓ Optometrist independent prescribers

Who cannot give out antibiotics?

It is illegal to get antibiotics from family members, friends and shops that aren't pharmacies. This is because they have not had the correct training to prescribe antibiotics. It is much safer for your own health to go to a doctor and have a proper review so you know you are taking the right medicine.



What else can we do to avoid an infection in the first place?

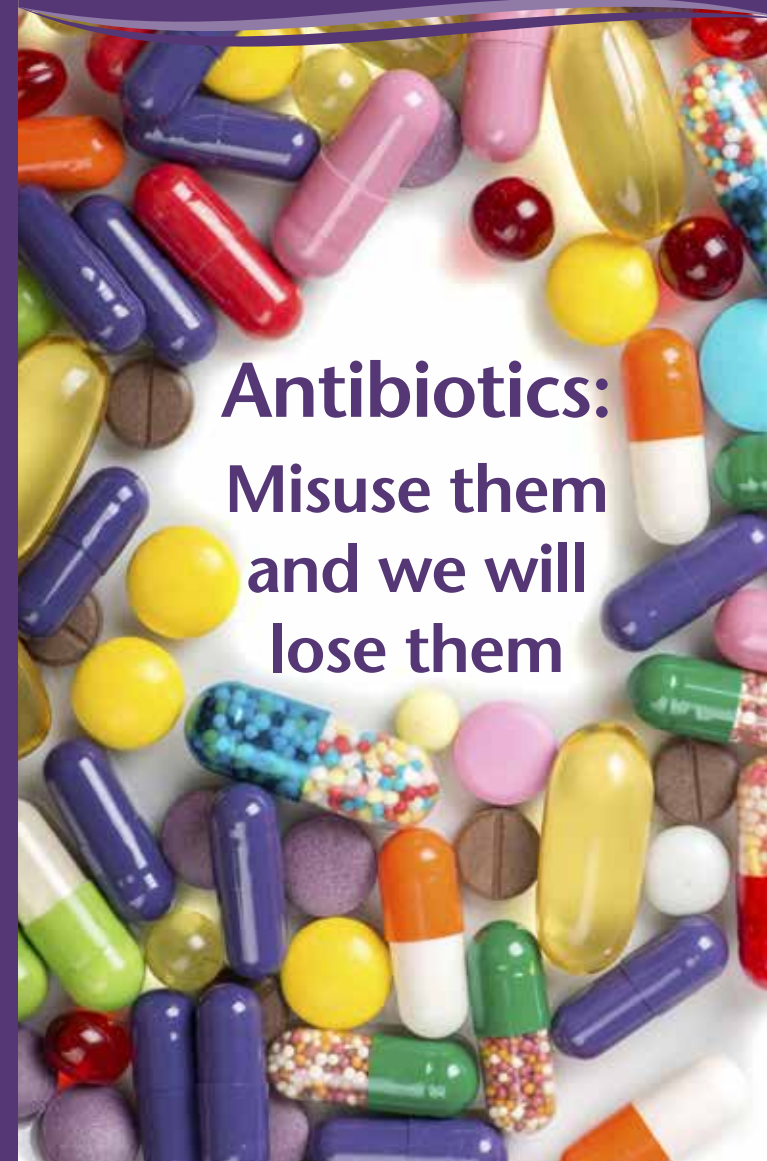
- Good, regular hand washing
- Taking up immunisations you are entitled to
- Following a healthy lifestyle
- Being aware of how to avoid infections (For example, ticks; river swimming and basic food hygiene)

For further information or advice

visit www.nhs.uk and search 'Antibiotic' or www.nhs.uk/NHSEngland/ARC/Pages/AboutARC.aspx

Information about Wiltshire Council services can be made available on request in other languages and formats such as large print and audio. Please contact the council
Tel: **0300 456 0100**, Web: wiltshire.gov.uk or
Email: customerservices@wiltshire.gov.uk

Antibiotic resistance



**Antibiotics:
Misuse them
and we will
lose them**

What can antibiotics do?

Antibiotics are used to treat bacterial infections. This varies from mild acne to pneumonia.

Doctors will prescribe antibiotics if;

- Conditions aren't serious
 - But the bacterial infection won't go away without them
 - Could spread to others
- Evidence suggests they could speed up recovery significantly
- The infection carries a risk of causing more complications

Antibiotics are sometimes used to prevent infection (antibiotic prophylaxis). This may be given if you are having surgery on part of the body that carries a higher risk of infection (ask your GP for more info).

What antibiotics can't do?

They cannot work against infections that are caused by viruses. This includes colds, sore throats and most coughs, meaning they are not treated by antibiotics.

To learn more visit the website:

www.nhs.uk/NHSEngland/ARC/Pages/AboutARC.aspx

Why do bacteria become resistant?

When antibiotics are inappropriately used, bacteria are able to survive when exposed to a medicine that would normally kill them.

If they don't die then the infection will continue so it is much harder for patients to get better.

Inappropriate uses include:

- ✗ Not taking medicine as prescribed
- ✗ Skipping doses/ irregular intervals between antibiotics
- ✗ Not finishing the whole course and saving them for later
- ✗ Sharing them with other people

What can we do?

There are things you can do to make sure you are taking to most effective medicine for you. These include:

- ✓ Not asking for antibiotics- doctors will know the correct medicine to give.
- ✓ Take the right amount of antibiotics as requested with the right intervals
- ✓ Finish the course of antibiotics and don't save them - this gets rid of the strongest bacteria that will take the longest to be affected by antibiotics
- ✓ Do not buy antibiotics if they have not been prescribed for you – they might not be what you need

Why we should do this?

It is very important that everyone is aware of antibiotic resistance so that they understand that they should only take antibiotics when appropriate.

It is essential that people do not save antibiotics or give them to other people. It is illegal to do so and may harm the person you are giving them to. The medicine might not be what will help the person to get better

Also, you do not know if the person you are giving medicine to is allergic to it or not and may cause them further harm.

