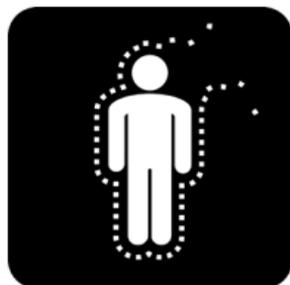


Antibiotic Resistance

A public health threat



Antibiotic overuse is a leading cause of antibiotic resistance, or the ability of bacteria to resist the effects of antibiotics.

What to do

Help prevent antibiotic resistance:

- Prevent infections through handwashing, vaccination, and food safety.
- Ask your provider how you can get symptom relief without antibiotics.
- Properly dispose of leftover medications at a take-back box. Do not throw them away or flush them down the toilet/drain.
- Never pressure your health care provider or veterinarian to prescribe antibiotics.
- Take antibiotics exactly as prescribed, never save antibiotics for the next time you get sick, and never take antibiotics prescribed for someone else.

What to know

Use antibiotics only when needed.

Antibiotics are widely used, and bacteria have developed ways to avoid their effects. Some infections are now very difficult to treat, so we must use antibiotics only when needed. The common cold, flu, and most bronchitis and sinus infections are caused by viruses, so antibiotics are not effective.

Antibiotic resistance affects us all.

Do not only think about antibiotic use in health care. We must also be aware of the risks and benefits of antibiotics when at the veterinary clinic. “One Health” is the understanding that the health of humans, animals, and the environment is connected. Clinicians, veterinarians, and scientists work together to find solutions to prevent antibiotic resistance.

For more information

- **MN Pollution Control Agency – Managing Unwanted Medication:**
<http://www.pca.state.mn.us/pharm>
- **MDH Antimicrobial Resistance and Stewardship:**
<http://www.health.state.mn.us/diseases/antibioticresistance>
- **MN One Health Antibiotic Stewardship Collaborative:**
<http://www.health.state.mn.us/onehealthabx>



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