

# Everyone has a ROLE TO PLAY

## You can help prevent antibiotic resistance

Preventing infection can reduce the use of antibiotics, and limit the spread of antibiotic resistance. Good basic hygiene is one of the most effective ways to reduce the risk of infection.

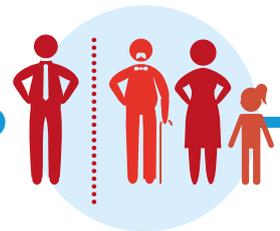
You can reduce the risk of infection by:



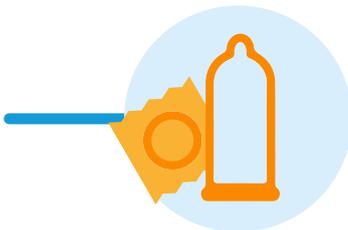
...washing your **hands** properly



...preparing food **hygienically**



...limiting **close contact** with others when you are sick



...practicing **safer sex**



...keeping your **vaccinations** up-to-date



...and, standing up for your right to **safe water and sanitation**

You can also reduce the spread of antibiotic resistance by:



...not sharing **antibiotics** with others



...and, **always following the advice of a qualified health care professional** when taking antibiotics

