



# Think Twice. Seek Advice.

Taking antibiotics when they are not needed accelerates emergence of antibiotic resistance, one of the biggest threats to global health.



**Overuse of antibiotics can cause bacteria to become resistant,** meaning current treatments will no longer work

**Not all infections can be treated with antibiotics;** antibiotics don't cure viruses like colds and flu

**Only take antibiotics prescribed to you,** do not share them with family or friends

**Antibiotics are not always the answer.** Do not demand antibiotics if your health care professional says you don't need them

**Always seek the advice of a qualified health care professional** when taking antibiotics



For animals, seek advice from a qualified veterinarian



World Health Organization