



Sid Valley Practice

Your GP Practice Update

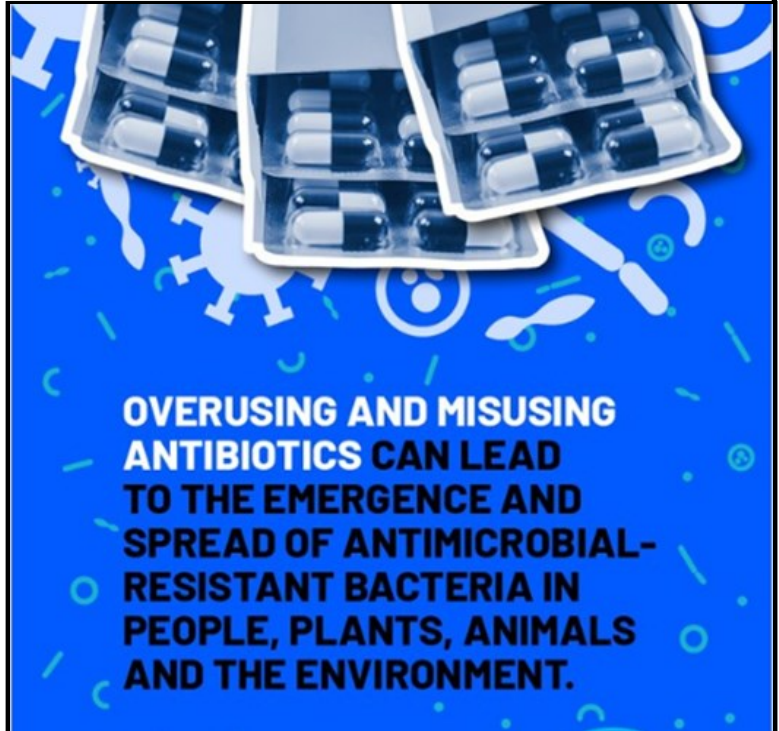
World Antimicrobial Resistance Awareness Week

18th – 24th November 2024

Sid Valley Practice is 'going blue' to raise awareness of the importance of taking antibiotics correctly and appropriately.

Antimicrobial resistance (AMR) occurs when bacteria, viruses, fungi and parasites change over time and no longer respond to medicines, making infections harder to treat and increasing the risk of disease spread, severe illness and death. As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat.

World AMR Awareness Week (WAAW) is a global campaign that is celebrated annually to improve awareness and understanding of AMR and encourage best practices among the public, NHS staff and policymakers, who all play a critical role in reducing the further emergence and spread of AMR.



OVERUSING AND MISUSING ANTIBIOTICS CAN LEAD TO THE EMERGENCE AND SPREAD OF ANTIMICROBIAL-RESISTANT BACTERIA IN PEOPLE, PLANTS, ANIMALS AND THE ENVIRONMENT.

WHAT DOES ANTIMICROBIAL RESISTANCE MEAN FOR EVERYONE?

IT MEANS THAT MOST MEDICINES WE RELY ON TO SAVE LIVES MAY STOP WORKING.



What can you do to help prevent antibiotic resistance?

- ◆ Wash your hands properly using soap regularly.
- ◆ Cover your mouth with a tissue when sneezing or coughing and dispose of the tissue immediately.
- ◆ If your symptoms are mild, give your body time to clear the infection naturally before visiting your GP. For a chest infection, this can be up to 3 weeks.
- ◆ Don't ask your doctor for antibiotics if you have a cold, or the flu or any other viral or fungal infections. Trust them if they say antibiotics will not work for your illness.
- ◆ Take antibiotics exactly as prescribed by your doctor.
- ◆ Keep taking your prescribed antibiotics for as long as they are prescribed for, even if your symptoms clear up sooner.
- ◆ Never borrow antibiotics or give yours to someone else.
- ◆ Dispose of any old antibiotics properly e.g: at a pharmacy.

Caring for children with
COUGHS



It can be difficult to decide when to see a doctor. [Here](#) we have given information about normal symptoms which usually can be safely managed at home.