

Take control of you and your community's health

– use antibiotics wisely

Bacteria are becoming resistant to medicines at an increasing rate, turning once-treatable infections into potentially life-threatening conditions. This growing crisis - known as antimicrobial resistance (AMR) - is deepening health inequalities across our society:

- People in deprived areas face a 42% higher risk of developing antibiotic-resistant infections
- While 90% of antibiotic-resistant infections occur in white ethnic groups, Asian and Asian British communities experience the highest proportion of antibiotic resistant infections (nearly 40% of infections)
- Our declining ability to treat and prevent infections is having an increasing impact, particularly on our poorest communities, who are already more likely to face barriers in accessing healthcare.

While bacteria naturally develop resistance over time, the misuse and overuse of antibiotics is speeding up this process, putting our most vulnerable communities at risk.

Take action to protect you and your community:

- Remember: Antibiotics are ineffective against colds and flu. Your body can fight these infections on their own.
- Only use antibiotics when prescribed by a healthcare professional
- Always complete the full course as directed by your healthcare professional
- Never save antibiotics for later or share them with anyone else.

Find out more information: [What is Antimicrobial Resistance \(AMR\) and how can you help combat it? – UK Health Security Agency](#)