

# SUPERBUGS

Superbugs are strains of bacteria, viruses, parasites and fungi that are **resistant to most antibiotics** and other drugs commonly used to treat the infections they cause.

## Why do they appear?



## How do I protect myself?

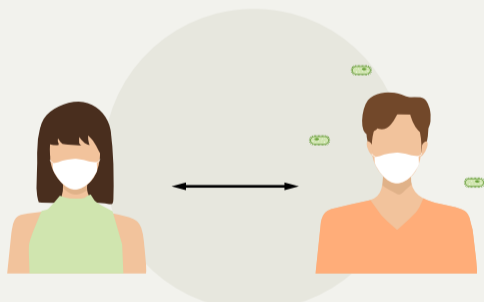
### Protect yourself from harmful germs and reduce the risk of disease



**Wash your hands often** with soap and water or use an alcohol-based hand sanitiser



**Handle food properly:** cook it well, separate raw from cooked food and use clean water.



**Avoid contact** with sick people



Make sure your **vaccinations are up to date**

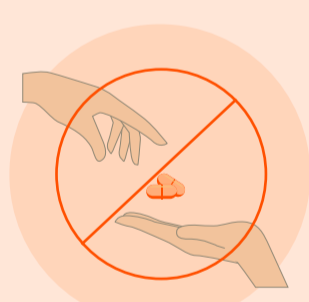
### Help to deal with antibiotic resistance



Use antibiotics **as directed** and only if necessary



Stick to the **full course of treatment**, even if you feel better

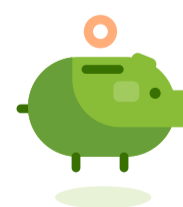
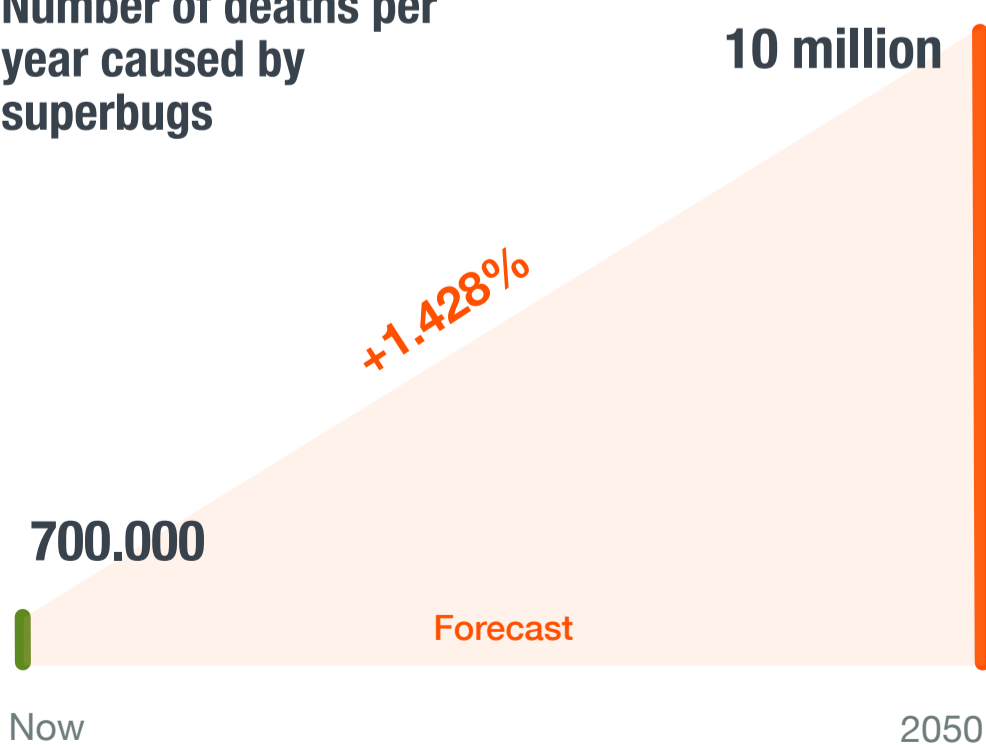


**Do not share** antibiotics with others



Do not use **leftover prescription drugs**

### Number of deaths per year caused by superbugs



**1 trillion euros** spent on health care.



A reduction of **between 2% and 3.5%** of GDP.