



Call to Action

Join us in the fight against
AMR – let's keep our
community healthy!



KEEPING COMMUNITIES SAFE FROM AMR



Start with Us!





What is AMR?

Antimicrobial Resistance (AMR) happens when infections stop responding to medicines, making simple illnesses harder—and sometimes impossible—to treat. This means longer illness, higher medical costs, and more lives at risk. Together, we can protect antibiotics and secure our future health.

How You Can Prevent AMR



* Only take medications (antimicrobials) as prescribed by a doctor.



Complete the full antibiotic course.



* Report any side effects to healthcare staff promptly.

Importance of Hygiene:

If you want to avoid infections and reduce your use of antibiotics, **wash your hands regularly** and **ensure your food is safe to eat**.

