



TAKE RESPONSIBILITY

“ Ask a medical professional ”

like your pharmacists or
doctor for a prescription
when sick.



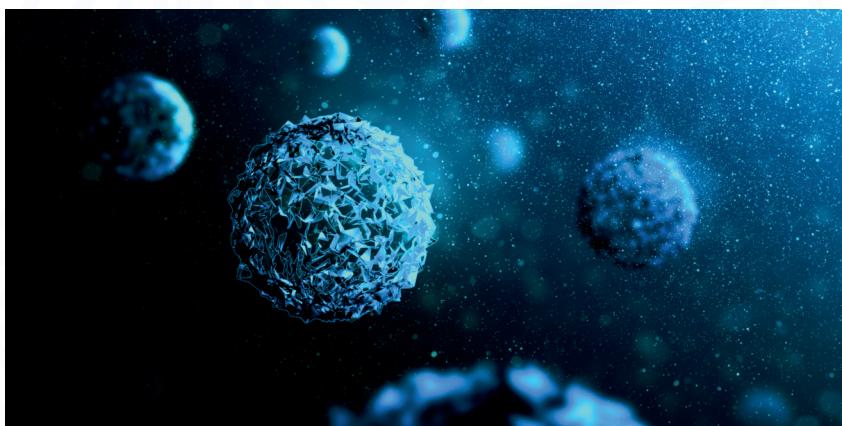
**SAY NO TO SELF-
MEDICATING**

**PROTECT YOURSELF
FROM AMR**



INTRODUCTION

AMR develops when microbes adapt to antimicrobials, making infections harder to treat. Self-medication increases your risk.



ACTION

ACTION STEPS

Do not buy antibiotics without a prescription.



Follow the full dose as prescribed – don't stop early.



Do not share or reuse old prescriptions.

