

World Antimicrobial resistance (AMR) Awareness Week (WAAW) 2025

Theme: *Act Now: Protect Our Present, Secure Our Future*

Antimicrobial resistance (AMR) happens when medicines no longer work for infections. This means sickness lasts longer, costs more money, and can cause more deaths stop responding to medicines making even simple illnesses harder – and sometimes impossible – to treat.

AMR  Longer Illness  High Medical Cost  More Lives at risk

These medicines, also called antimicrobials, include antibiotics, antifungals, antiparasitics, and antivirals.

Wash your hands often. Make sure your food is washed and safe before you eat it.

- ✔ Do not treat yourself.
- ✔ Talk to a doctor or nurse first.
- ✔ Finish your medicines, even if you feel better.
- ✔ Good hygiene = good health = fewer infections = fewer antibiotics.
- ✔ Do not give animals medicines without a vet's prescription

Together, we can stop resistance!!