

Antibiotic resistance: 5 simple tips to help prevent or reduce the spread of drug-resistant infections

[Health](#)

Updated Nov 19, 2018 | 15:31 IST | Times Now Digital

A new study has warned that antibiotic-resistant infections are growing at an alarming rate in India. Here are some simple steps you can take to help prevent antibiotic resistance.

New Delhi: A new report by researchers at the Centre for Disease Dynamics Economics and Policy (CDDEP) warned that antibiotic-resistant infections are growing at an alarming rate in India, killing over 58,000 children every year. Antibiotics are medicines used to prevent and treat bacterial infections. Antibiotic resistance occurs when bacteria develop the ability to defeat the medicines designed to kill them.

According to the CDDEP study, globally, almost 700,000 people die every year - out of which, India alone sees more than 58,000 children deaths due to antibiotic-resistant infections. The CDDEP also stated that while the global use of antibiotics in humans has increased by 65 per cent in 2015 since 2000, consumption in low- and middle-income countries increased by 114 per cent. At 103 per cent, India saw the highest increase in antibiotic use, said the report titled, 'The mortality burden of multidrug-resistant pathogens in India: a retrospective observational study'. The research

was published on November 8, 2018, in Clinical Infectious Diseases. [Read - Antibiotic resistance: India amongst world's largest consumers of antibiotics](#)

What you can do to help prevent antibiotic resistance

Antibiotic resistance is one of the most urgent threats to the public's health, food security and development today.

Overuse and misuse of antibiotics lead to the development of antibiotic-resistant bacteria. Everyone can take some simple actions to help prevent or reduce the spread of antibiotic resistance.

- Use antibiotics only when your doctor prescribes them.
- WHO recommends avoiding using antibiotics to treat viral infections, such as influenza, the common cold, a runny nose or a sore throat. Instead, ask your doctor or a healthcare provider for other ways to feel better.
- When you are prescribed antibiotics, take the full prescription even if you are feeling better. Ensure that members of your family practice the same.
- Never share antibiotics with others or use leftover prescriptions.
- Safely throw away leftover medication.

Speak with your doctor or healthcare provider about how to use antibiotics responsibly. Each time you take an antibiotic when it is not necessary, the effectiveness of the drug decreases, and perhaps, it might not work the next time you really need it.