

TIPS FOR ADULT PATIENTS TO PREVENT ANTIMICROBIAL RESISTANCE

Be involved and take an active role in decisions about your care. Patients who are more involved in their care tend to get better results.



- Ask your doctor if you need to be vaccinated against diseases that cause respiratory infections, including influenza and pneumococcal pneumonia. Preventing respiratory infections and their complications decreases antibiotic use.
- If you are scheduled to enter a hospital, ask about the facility's infection control program and any procedures that can help reduce the risk of infection. Let doctors and nurses know you are concerned about preventing infections while receiving medical care.
- Make sure your doctors and nurses clean their hands before they examine you. Proper hand hygiene is one of the most important ways to prevent the spread of infection.
- Give medical providers your complete health history including details about medication allergies and anything you are taking, such as all prescription and over-the-counter medications, home remedies, and dietary supplements. This history will help doctors and pharmacists make more informed decisions should they need to prescribe antibiotics for you.
- If you receive a prescription for antibiotics, use all the medication as recommended until it is finished. Never use antibiotics prescribed for someone else, and do not give someone else your medication. Improper use of antibiotics helps bacteria develop resistance and weakens the ability of antibiotics to fight disease.
- Pay attention to symptoms that may indicate an infection: unexpected pain, chills or fever, or drainage or increased inflammation of a surgical wound. Contact your doctor immediately if any of these occur, especially after you have been discharged from a hospital.