

We should use antibiotics when necessary but avoid:

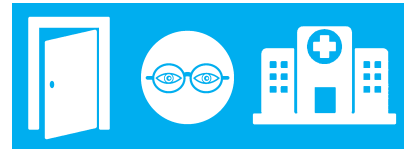
Antibiotics kill bacteria, but bacteria become resistant. This problem of antibiotic resistance is getting worse and means that it becomes harder to treat infections.



Vaccines, good hygiene, and safe water and sewage disposal can stop you from getting infections in the first place.



Only prescribe antibiotics after diagnosing a patient.



Follow WHO's AWaRe classification for antibiotics (access, watch, reserve).

Antibiotics are a precious resource that is threatened by increasing antibiotic resistance



Combine antibiotic prescriptions with a discussion of disease prevention strategies like vaccines.



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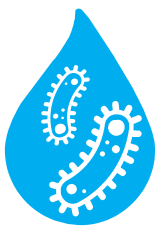
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Don't drink river or surface water. Boil unsafe water or chlorinate water before drinking



Basic toilets can prevent disease. Don't spread infections via open defecation

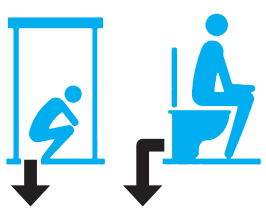


Many diseases like typhoid spread via contaminated water.

Practices for better water, sanitation, and hygiene:



Only use treated human waste for fertilisation of fields and aquaculture.

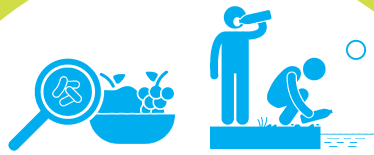


Use lavatories connected to sewers, compost toilets, or secure cesspits.



Wash your hands regularly with soap and water, especially after using the toilet and before eating or preparing food.

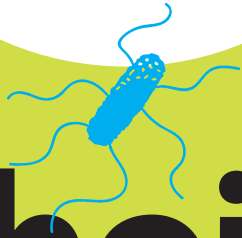




Typhoid fever is a major killer in this country. It is caused by a bacterium (*S. Typhi*) and spreads from person to person via faeces contaminated water and food.



If untreated, it can kill up to one in five of its victims.

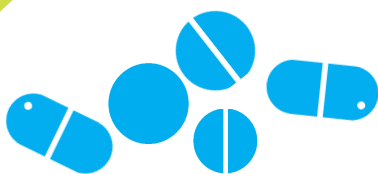


Typhoid



There are effective ways to protect yourself from typhoid: get vaccinated and follow WASH (water, sanitation, and hygiene) protocols.

- What is typhoid?**
- What are the signs/symptoms?**
- What steps can be taken to prevent it?**
- What treatment should be given?**



Antibiotics can be used to treat acute cases of typhoid but should be used as a last resort.



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