



**ANTIBIOTIC RESISTANCE**  
**WHAT YOU CAN DO**

**HANDLE ANTIBIOTICS WITH CARE**

Antibiotic resistance happens when bacteria change and become resistant to the antibiotics used to treat the infections they cause.



- 1 Only use antibiotics when prescribed by a certified health professional
- 2 Always take the full prescription, even if you feel better
- 3 Never use left over antibiotics
- 4 Never share antibiotics with others
- 5 Prevent infections by regularly washing your hands, avoiding contact with sick people and keeping your vaccinations up to date

[www.who.int/drugresistance](http://www.who.int/drugresistance)  
**#AntibioticResistance**

 World Health Organization

Antimicrobial resistance is the ability of a microorganism (like bacteria, viruses, and some parasites) to stop an antimicrobial (such as antibiotics, antivirals and antimalarials) from working against it. The extensive use and misuse of antibiotics in both the human and animal health sectors has resulted in the creation of resistant bacteria which are immune to the currently available large spectrum of antibiotics.

WHO has been strongly advocating for more focused attention and action against the growing problem of antimicrobial resistance, which has emerged as a major health crisis in almost all countries of the world, including Pakistan. The Government of Pakistan has made a global commitment to addressing the issue as a priority basis. The Ministry of National Health Services Regulations and Coordination is working with the provinces, veterinary sector and health development partners to build national capacity in strengthening surveillance and laboratory diagnostics, promoting rational use of antimicrobials and infection prevention and control, and educating communities in the prevention and control of antimicrobial resistance.

Pakistan, with the support of WHO, has recently completed the development of a national action

plan to address antimicrobial resistance, which will now be translated into provincial operational plans on a priority basis.

The One Health concept recognizes that the health of the human population is vitally interlinked to the health of animals and the environment. Most emerging, re-emerging, and endemic human diseases have their origins in animals. Animal diseases can have additional implications for human health through food safety and security. Leishmaniasis, rabies, brucellosis, Crimean-Congo haemorrhagic fever (CCHF), pandemic influenza, and Anthrax are priority zoonotic diseases in Pakistan. WHO and the World Organisation for Animal Health (OIE) are the 2 main international organizations responsible for proposing norms and reference standards for public health and animal health sectors through the International Health Regulations (IHR 2005) and OIE intergovernmental standards, respectively. A recent surge in emerging zoonotic diseases like Ebola, pandemic influenza, and CCHF has increased awareness of the critical need to focus on joint management of zoonotic diseases through enhancing coordination and collaboration mechanisms between both the human health and veterinary health sectors.

WHO Pakistan has been working closely with the Ministries of National Health Services Regulations and Coordination and National Food Security and Research to strengthen capacities to effectively prevent, detect, and respond to control the spread of emerging zoonotic diseases.

**Related link**

[Antimicrobial resistance](#)

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