

# 應對耐藥性 正確使用抗生素

## Combat Antimicrobial Resistance Proper use of Antibiotics



只服用醫生處方的抗生素  
Only take antibiotics prescribed by doctors

宜  
Do's



遵照醫生的建議服用抗生素  
Follow doctor's advice when taking antibiotics

向醫生要求  
抗生素  
Demand antibiotics from doctor



與他人  
共用抗生素  
Share antibiotics with others

忌  
Don'ts

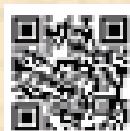
病情轉好便自行  
停用抗生素  
Stop taking antibiotics by yourself when feeling better



服用剩餘的抗生素  
Take leftover antibiotics



衛生防護中心  
Centre for Health Protection



網站  
有關抗生素耐藥性



Antimicrobial resistance website,  
a part of health



衛生署  
Department of Health

# 謹慎使用 抗生素

## 問清楚醫生最好

Use Antibiotics Properly  
Always Consult a Doctor

服用抗生素時，  
須按照藥袋上的健康建議：

Follow health advice on  
prescription bags when  
taking antibiotics:



手部衛生  
Hand hygiene



戴上口罩  
Wear mask



煮熟食物  
Cook food thoroughly



覆蓋傷口  
Cover wounds



減少接觸  
Minimise contact



# 應對 抗菌素耐藥性

## Combat Antimicrobial Resistance (AMR)



HP  
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### 甚麼是 抗菌素耐藥性？

抗菌素耐藥性是指微生物（如細菌、病毒、真菌和寄生蟲）演變成能抵抗原本有效的藥物（即抗菌素）。

### 甚麼會引致 抗菌素耐藥性？

抗菌素耐藥性是隨著基因變化而逐漸發生的一種自然現象，當微生物適應並在有抗菌素的環境下（包括正確使用抗菌素的情況）生長，耐藥性就會出現。

然而，不當和過度使用抗菌素（例如不當以抗生素治療傷風或流感等病毒感染，以及對食用動物濫用抗菌素）會加劇耐藥問題。在眾多抗菌素中，對治療細菌感染的抗生素耐藥性的問題最為嚴重。

### 抗菌素耐藥性 有甚麼後果？

耐藥問題若不獲改善，現有的抗菌素會失效，感染會因無法醫治而延長患病時間和增加死亡風險。

缺乏有效預防和治療感染的藥物，很多醫療程序如器官移植、癌症化療、糖尿病管理和重大手術的風險便會增加，對體弱者影響尤深。

### 市民如何應對 抗菌素耐藥性？

抗菌素耐藥問題可以影響每一個人。市民在共同應對這問題中起着重要作用，應採取以下措施：

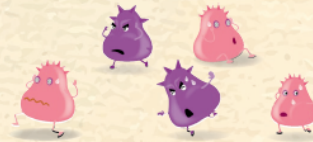
#### 1. 正確使用抗生素

- 不要向醫生要求抗生素
- 遵照醫生的建議服用抗生素
- 即使病情轉好，也不要自行停用抗生素
- 不可服用剩餘的抗生素
- 切勿與他人共用抗生素
- 不要在沒有處方的情況下自己購買抗生素

#### 2. 時刻保持手部衛生，尤其在進食前、服藥前和如廁後要洗手

#### 3. 按時接種疫苗

#### 4. 保持咳嗽禮儀，當有呼吸道感染病徵時，應戴上外科口罩



### 使用抗生素時須 特別注意甚麼？

1. 保障你與家人的健康，必須注意個人衛生：

- 時刻保持手部衛生
- 食水和食物必須徹底煮沸及煮熟
- 消毒及覆蓋所有傷口
- 當有呼吸道感染病徵時，應戴上外科口罩
- 有傳染病病徵的幼童，應盡可能減少接觸其他兒童

2. 遵照醫生的建議使用抗生素，即使病情轉好也不要自行停用。如有任何疑問，請向醫生或藥劑師查詢。

抗菌素是珍貴的資源，  
應好好保存其效能  
以保障我們能夠  
對抗感染。



QR Code

抗藥性耐藥性

二〇二〇年六月製

# 應對 抗菌素耐藥性

## Combat Antimicrobial Resistance (AMR)



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衛生防護中心  
Centre for Health Protection

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Department of Health

### What is Antimicrobial Resistance (AMR)?

AMR happens when microorganisms (e.g. bacteria, viruses, fungi and parasites) evolve to become resistant to previously effective medications (i.e. antimicrobials).

### What causes AMR?

AMR occurs naturally over time through genetic changes. It develops when microorganisms adapt and grow in the presence of antimicrobials (including properly used antimicrobials).

However, AMR is accelerated by misuse and overuse of antimicrobials (examples include misuse of antibiotics for treatment of viral infections such as common cold and influenza, and improper use of antimicrobials on food animals). Among all antimicrobials, resistance to antibiotics for treatment of bacterial infection is the most serious problem.

### What are the consequences of AMR?

If the problem of AMR does not improve, existing antimicrobials would become ineffective and infections could not be cured, resulting in prolonged illness and increased risk of death.

Without effective antimicrobials for prevention and treatment of infections, medical procedures such as organ transplantation, chemotherapy for cancer, diabetes management and major surgeries become more risky in particular for patients who are frail.

### What should the general public do to combat AMR?

AMR is affecting everyone. Members of the public should also play an important role in combating the threat of AMR by the following:

#### 1. Proper use of antibiotics

- Do not demand antibiotics from your doctor
- Follow your doctor's advice when taking antibiotics
- Do not stop taking antibiotics by yourselves even if you are feeling better
- Do not take leftover antibiotics
- Do not share your antibiotics with others
- Do not self-purchase antibiotics without a prescription

#### 2. Practise frequent hand hygiene, especially before eating and taking medicine, and after going to the toilet

#### 3. Ensure your vaccination is up-to-date

#### 4. Maintain cough etiquette, wear a surgical mask if you have respiratory symptoms



### What are the precautions when taking antibiotics?

1. You should enhance your personal hygiene to protect the health of you and your family:

- Practise frequent hand hygiene
- Eat or drink only thoroughly cooked and boiled items
- Disinfect and cover all wounds
- Wear a surgical mask if you have respiratory symptoms
- Young children with symptoms of infections should minimise contact with other children

2. Follow your doctor's advice when taking antibiotics and do not stop taking antibiotics by yourselves even if you are feeling better. Consult your doctor or pharmacist if in doubt.

Antimicrobials are a precious resource and their effectiveness must be preserved to protect us from infections.



Antimicrobial Resistance  
Thematic Website,  
Department of Health

Produced in June 2020

# Be Smart!

## What You Should Know About Antibiotics



**✗ 抗生素耐藥性只會發生在經常服用抗生素的人身上。**

抗生素耐藥性關乎你和你身邊的人，並不是會發生在經常服用抗生素的人身上，因為細菌可以於人與人之間傳播。雖然抗生素耐藥性會自然發生，不當使用抗生素會加劇問題的發展。

真正正確的感染控制措施，包括洗手，可預防傳播感染，從而減少使用抗生素的需要。

**✓ 當我服用抗生素時，我可以採取預防措施去減低受耐藥細菌感染的機會。**

使用抗生素可治療細菌感染，但同時亦會殺死身體內之正常細菌，及增加感染耐藥細菌的風險。

保障你與你身邊的人的健康，服用抗生素時請加強個人衛生：

- 時刻保持手部衛生；
- 食水和食物必須徹底煮沸及煮熟；
- 消毒及覆蓋傷口；
- 當有呼吸道感染徵狀時，請戴上口罩；
- 有傳染病徵狀的幼童，應盡可能減少接觸其他兒童。

抗生素是珍貴的，你可以出一分力去保存抗生素的功效！

**✗ Antibiotic resistance will only happen in people using antibiotics frequently.**

Antibiotic resistance is related to you and the people around you, not only happen in people using antibiotics frequently as bacteria which are resistant to antibiotics can be spread from person to person. Though antibiotic resistance occurs naturally, misuse of antibiotics is accelerating the process.

Practise proper infection control measures such as hand hygiene to prevent spread of infections, which in turn reduces the need for antibiotics.

**✓ I can take preventive measures to lower my risk of acquiring resistant bacteria when taking antibiotics.**

Antibiotic can cure your infection, but it also kills the normal bacteria in your body and predisposes you to acquire resistant bacteria.

To protect the health of you and the people around you, you should enhance your personal hygiene when taking antibiotics:

- Practise frequent hand hygiene;
- Eat or drink only thoroughly cooked and boiled items;
- Disinfect and cover all wounds;
- Wear mask if you have respiratory infection symptoms;
- Young children with symptoms of infection should minimise contact with other children.

Antibiotics are precious. You can help to preserve the effectiveness of antibiotics!

# 要精明!

## 抗生素知識 你要知



**✗ 抗生素是特效的消炎止痛藥，對所有炎症都有療效。**

抗生素不是消炎藥。抗生素可以消滅或防止細菌生長，因此能醫治因細菌感染而引致的疾病。至於常用的消炎止痛藥，大致可分為兩類：(一)止痛退燒，例如「亞士匹靈」及「對乙酰氨基酚」；(二)非類固醇消炎止痛藥，例如「布洛芬」、「阿侯美辛」及「泰普生」。這些消炎止痛藥是不能消滅或防止細菌生長。

抗生素只能有效地用作治療細菌感染。

**✗ Antibiotics are magical anti-inflammatory and painkilling drugs that treat all kinds of inflammation.**

Antibiotics are not anti-inflammatory drugs. Antibiotics eliminate or prevent bacterial growth and can therefore cure diseases caused by bacterial infection. Commonly used anti-inflammatory and painkilling drugs can be generally classified into two categories, (i) analgesics and antipyretics (e.g. aspirin and paracetamol), (ii) Non-Steroidal Anti-Inflammatory Drugs (NSAID) (e.g. ibuprofen, indomethacin and naproxen). These anti-inflammatory and painkilling drugs cannot eliminate or prevent bacterial growth.

Antibiotics are only effective for treating bacterial infections.

**✓ 抗生素可引起不良副作用。**

正確地使用抗生素一般是安全的。部份病人在服用抗生素後，可能會出現嘔吐、肚瀉、便秘、頭痛和過敏反應如出紅疹。如有上述現象，應停止服藥並請教醫生，並在日後求診時，告知醫生你的藥物過敏史。

所有藥物包括抗生素都有其副作用，因此需要慎用。

**✓ Antibiotics could cause side effects.**

Antibiotics are relatively safe when used appropriately. Some patients may develop vomiting, diarrhoea, constipation, headache and allergic reactions such as rash after medication. In such cases, you should stop medication and consult your doctor. In future medical consultations, tell the doctor about your drug allergy history.

All medications including antibiotics have their own side effects and therefore should be used discriminately.

**✗ 使用剩餘或家人、朋友的抗生素來治療同樣的不適是可以的。**

自行服藥可使疾病得不到合適的治療，令健康受損。治療疾病，需對症下藥。同一病徵(例如發燒)可出現於多種由不同成因引致的疾病，因此相似的病徵，並不代表同一種疾病。不同的細菌感染是需要不同種類的抗生素來治療的。此外，剩餘的抗生素有可能因貯存不當，令藥物失效。

在沒有醫生處方下服用抗生素是危險的。

**✗ It is okay to take leftover antibiotics, or antibiotics that were given to a family member or friend as long as they were used to treat the same illness.**

Self-medication could put your health at risk by not receiving appropriate treatment. Management of diseases require targeted treatment to the pathogenic factors. Same symptom (e.g. fever) can appear in many diseases with different underlying causes. Therefore, similar symptoms do not represent the same disease. Infections caused by different bacteria require different types of antibiotics to treat. Moreover, leftover antibiotics may have lost their therapeutic potency due to improper storage.

Taking antibiotics without doctor prescription can be risky.

**✗ 當我感到病情好轉時，我可自行決定停服抗生素。**

病徵通常在所有細菌被消滅前會有所改善，因此感到病情好轉並不代表你的感染已完全治癒。如果停服抗生素，細菌可能產生耐藥性，以致日後再用這類抗生素時，不能根治疾病。

時刻遵照醫生的指示服用抗生素。

**✗ If I feel better, I can stop antibiotics on my own.**

Symptoms commonly improve before all the bacteria are eradicated and thus feeling better does not mean your infection has been fully treated. If you stop taking antibiotics, bacteria may develop antibiotic resistance which would render the same antibiotic ineffective in curing the same disease in the future.

Always follow doctor's advice when taking antibiotics.

