

ANTIMICROBIAL RESISTANCE (AMR)



AMR occurs when microbes (e.g. bacteria, viruses, fungi, parasites) undergo mutations that enable them to resist the effects of antimicrobial agents.

What accelerates AMR?

While AMR is a naturally occurring process, the emergence and spread of AMR has been accelerated by:

- Overuse and misuse of antimicrobial agents
- Poor hygiene and infection prevention and control
- Inadequate screening and surveillance
- Lack of knowledge and awareness

Antimicrobial agents

E.g. antibiotics, antivirals, antifungals, antiparasitics are designed to treat or prevent infections by killing/stopping the growth of microbes.

Without effective antimicrobials, common illnesses, routine surgeries, and minor injuries could become life-threatening.

Key Ways to Tackle AMR

Collective effort is needed from every healthcare worker to make a difference.



IMPROVE USE

Use antimicrobials only when necessary & as prescribed by doctors. Do not take leftover antimicrobials or share them with others.



PREVENTION

Practise good hygiene habits & receive timely vaccinations to prevent infections.



EDUCATE

Stay updated with existing guidelines and educate your patients about AMR & appropriate antimicrobial use.



STAY SAFE

Stay home and mask up when unwell.

PASS IT ON! Share 3 key facts about AMR prevention with your colleagues during WAAW (18-24 Nov).



Scan to learn more about AMR

Brought to you by the Antimicrobial Resistance Coordinating Office



National Centre for Infectious Diseases