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1. Action Card

You're not feeling well, so a friend offers you some of their left over antibiotics which you take

Pick up 1 resistant bacteria

Pass on 2 bacteria

Information: You must not use anyone's leftover antibiotics as this can increase antibiotic resistance

2. Action Card

You've come down with a sore throat so you try and get antibiotics from your doctor

Pick up 1 resistant bacteria

Put 2 bacteria back in the pile

Information: Most common infections will get better by themselves through time, bed rest, fluids and healthy living

3. Action Card

You have strep throat and have been coughing a lot. Every time you cough you use a tissue to catch it and then you throw it in the bin to stop other people catching your infection

Pick up 1 bacteria

Information: One of the best ways to stop infections spreading to others is by catching your cough and sneezes in a tissue

4. Action Card

You've got a head ache, so you take some antibiotics that you find at home to try and relieve the pain

Pick up 1 resistant bacteria

Put 2 bacteria back in the pile

Information: Antibiotics only treat bacterial infections, they will not help your headache get better

5. Action Card

You've got pneumonia and you've been given antibiotics by your doctor but you stop taking them half way through because you start to feel better

Pick up 1 resistant bacteria

Put 2 bacteria back in the pile

Information: Take the course of antibiotics exactly as told to by your doctor or pharmacist

6. Action Card

Your friend thinks she has an STI so you give her antibiotics you had for a strep throat.

Pass on 1 resistant bacteria

Pass on 1 bacteria

Information: antibiotics should only be taken

- for the illness for which it was prescribed
- by the patient it was prescribed to
- when it was prescribed, not at a later date

7. Action Card

You cook lunch for you and your friends but you forget to wash your hands after you cut up the raw chicken before you cook it

Pass on 1 resistant bacteria

Pass on 1 bacteria

Information: You should always remember to wash your hands to stop harmful bacteria spreading, especially after touching raw meat

8. Action Card

You visit a friend in hospital but you forget to wash your hands when you leave

Pick up 1 resistant bacteria

Put 2 bacteria back in the pile

Information: Always remember to wash your hands to prevent the spread of infection, especially in hospitals where microbes may be harmful

9. Action Card

You're cooking lunch for yourself and handle raw chicken. You wash your hands thoroughly afterwards

Put 1 resistant bacteria back in the pile

Take 1 bacteria from the person to your left

Information: You should always remember to wash your hands, especially before and after making food



10. Action Card

Your friend offers you some of their left over antibiotics for your cough. You say no and suggest they take them to a pharmacy for safe disposal

Put 1 resistant bacteria back in the pile

Information: You must not use anyone's antibiotics as this can increase antibiotic resistance in your gut

11. Action Card

You go on holiday abroad and buy antibiotics at a chemist to use the next time you are ill

Pick up 1 resistant bacteria

Put 2 bacteria back in the pile

Information: It is important to only take antibiotics prescribed for you by a healthcare professional; some may cause harm

12. Action Card

Your mother has a bad chest infection and is on antibiotics. You develop a cough and use some of her antibiotics

Pick up 1 resistant bacteria

Put 1 bacteria back in the pile

Information: You must not use anyone's antibiotics as this can increase antibiotic resistance

13. Action Card

You are given antibiotics as you have huge swollen tonsils with pus on them and you have a fever. But you forget to take the antibiotics four times a day

Pick up 1 resistant bacteria

Put 1 bacteria back in the pile

Information: Take antibiotics exactly as told to by your doctor or pharmacist

14. Action Card

You have bad spots but the cream you are using isn't working. You ask your doctor for antibiotics

Pick up 1 resistant bacteria

Put 1 bacteria back in the pile

Information: Antibiotics aren't the only way to treat acne, speak to your doctor about all of your options

15. Action Card

You have a really bad cold and runny nose. You go to bed and take paracetamol to help the fever

Pick up 1 bacteria

Information: The only way to treat a cold and runny nose is to get plenty of rest, drink plenty of fluids and use paracetamol to manage symptoms

16. Action Card

You have diarrhoea and vomiting, you stay at home to stop it spreading and you wash your hands regularly

Pick up 1 bacteria

Information: When you are ill you should always remember to wash your hands to prevent the spread of infection. Staying at home and resting will help you recover

17. Action Card

You notice that there are left over antibiotics in your medicine cabinet from when you had an infected wound. You take them back to the pharmacy for disposal.

Put 1 resistant bacteria back in the pile

Information:
antibiotics should only be taken
- for the illness for which it was prescribed
- by the patient it was prescribed to
- when it was prescribed, not at a later date
It is important to return any leftover medicine to the pharmacy for disposal to prevent harming the environment

18. Action Card

You're at a friend's house and your friend is making lunch. You remind your friend to wash their hands when they finish scrubbing the potatoes

Put 1 resistant bacteria back in the pile

Information: You should always remember to wash your hands to prevent the spread of bacteria, especially before and after making food

