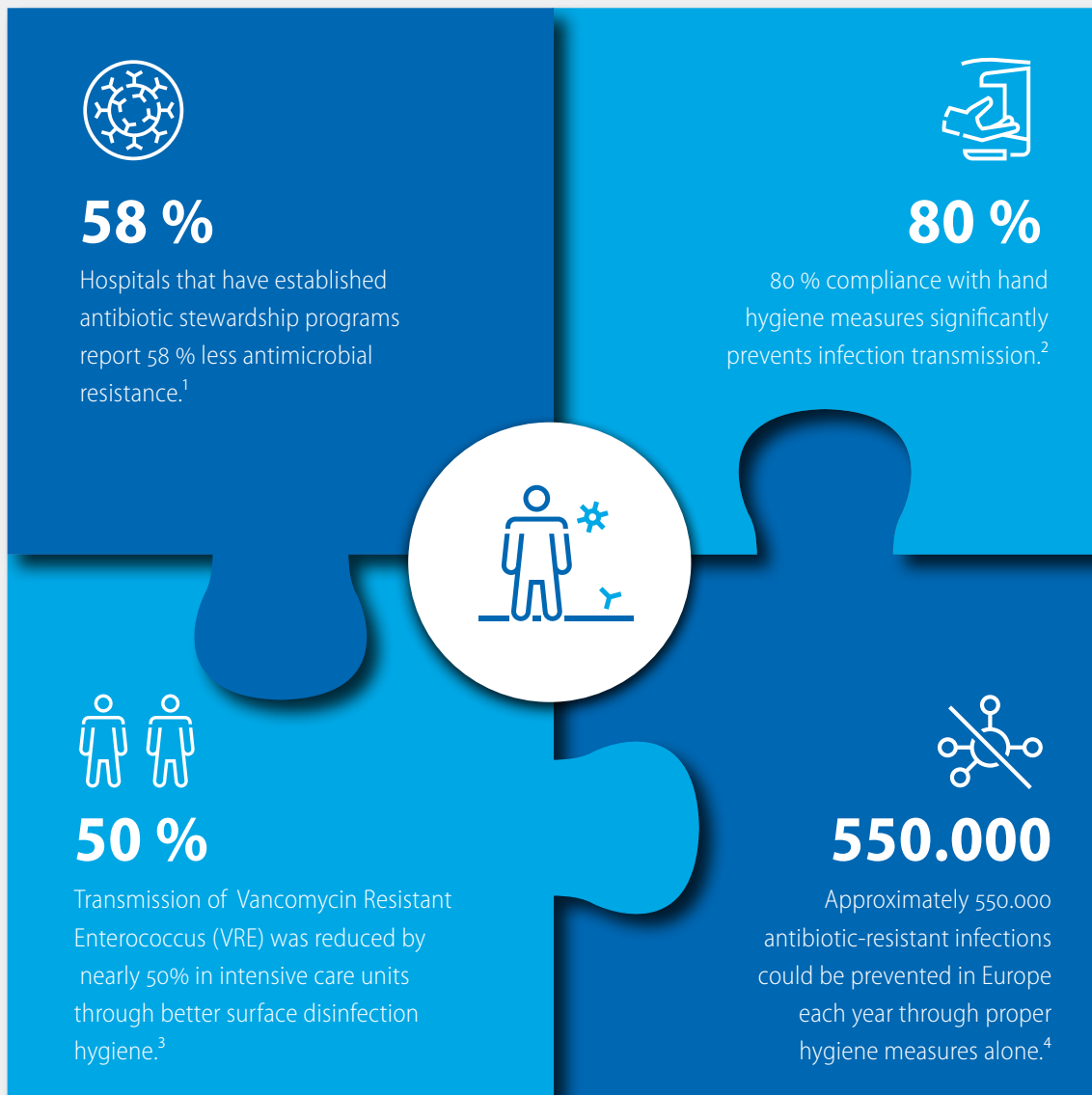


# Antibiotic Resistance

Prevention is better than treatment! If you can prevent an infection from occurring in the first place, you won't need antibiotics. Maintaining good hygiene is an effective way of preventing infection. The following measures have been shown to combat risk of infection and therefore antibiotic resistance:



## Sources:

1. European Centre for Disease Prevention and Control (ECDC), <https://bit.ly/2NPS44M>
2. Kirkland et al. *BMJ Qual Saf* 2012; 21: 1019 - 1026
3. Kampf G. *Krankenh hyg up2date* 2013; 8: 273–288
4. Extrapolation based on ECDC data on antibiotic resistant hospital acquired infections 2016-2020. <https://www.ecdc.europa.eu/en/publications-data/health-burden-infections-antibiotic-resistant-bacteria-2016-2020>