



АНТИБИОТИЦИТЕ  
НЕ СЕ ХРАНА

Press Release

---

## *Awareness Raising Campaign: Antibiotics are not your food!*

---

### **CAMPAIGN FOR A RATIONAL USE OF ANTIBIOTICS AND PREVENTION OF ANTIMICROBIAL RESISTENCE**

**Launch of the Campaign: September 26, 2014, 12:00 PM, Municipality of Veles**

***Antibiotics are not your food. Do not choose them without a doctor's advice.  
Every unnecessary use of antibiotics makes them less effective.***

Antibiotics are drugs used to treat bacterial infections - such as pneumonia, sepsis, tuberculosis, etc. - by killing bacteria or preventing their growth.

Antibiotics have no effect on viruses and should not be used with common viral infections such as colds and influenza.

In order to increase awareness among our population, as well as among health workers in the country, **the Multi-sectoral Committee for Monitoring Antimicrobial Resistance in the Ministry of Health**, in collaboration **with the Institute of Public Health, the Institute of Microbiology and Parasitology, the Faculty of Medicine, the Health Insurance Fund of Macedonia (HIF), the Center for Regional Policy Research and Cooperation *Studiorum***, funded by the **World Health Organization** and the **Government of the Kingdom of Belgium** is launching a **Campaign for rational use of antibiotics and prevention of antimicrobial resistance.**

The campaign will start on September 26, 2014 in Veles, and will operate through educational seminars in several cities: Ohrid (October 9), Prilep (October 16), Bitola (October 17), Tetovo (October 22), Stip (October 30), Kumanovo (November 6), Skopje (November 14), Kocani (November 20), and Strumica (November 27). These educational seminars will provide a training of health professionals and the population at a local level about prevention of wasteful use of antimicrobial resources and how to reduce the risk of antimicrobial resistance (AMR). The seminars will also provide information about the activities of WHO and the Ministry of Health, the situation with antimicrobial resistance in the country and latest statistics on antibiotics consumption based on the Health Insurance Fund data.

## **APPENDIX: Additional information about the rational use of antibiotics and antimicrobial resistance**

**# The text can be used for educational purposes of the population by posting them to your media. Thank you. #**

Unnecessary and increased use of antibiotics reduces their power to act when needed. That will lead to the development of resistance of bacteria to the antibiotic. Resistance is a normal mechanism of adaptation and protection of the bacteria from the action of the antibiotic. Over time, the resistance increases, thus reducing the number of effective antibiotics.

Towards this, it must be emphasized that in the last 25 years a new antibiotic has not been discovered, and that the use of antibiotics in serious infections caused by bacteria, as well as the use of vaccines, extends people's lives. So, **if we want the antibiotics' effect to continue, they should be properly and rationally used.** Antibiotic resistance is a problem that affects everyone - from policy makers, those who produce, those who prescribe, to those who use antibiotics.

Awareness of the effects of inappropriate and irrational use of antibiotics in global terms is high, but it still very low in countries where the use of antibiotics is not regulated and they can be taken without prescription. According to research conducted by the WHO, more than half of all drugs, including antibiotics are inappropriately prescribed or sold, while half of all patients use antibiotics inappropriately. Namely, **antibiotics must be used as prescribed by a doctor, with the recommended concentration, on-time consumption and interval between two doses.** Even when the patient feels better, the antibiotic must be taken completely and in the prescribed dose. One of the most important rules is that antibiotics left from a treatment of a previous infection should never be used.

Both a person infected with resistant bacteria and the society suffer not only health consequences, but economic consequences as well, because the treatment of infections caused by multiresistant strains can be up to 100 times more expensive. In Europe there are countries that already face hard-to-treat or untreatable infections.

***Antibiotics are not your food. Do not choose them without a doctor's advice. Every unnecessary use of antibiotics makes them less effective.***