

Antimicrobial Resistance

WHO Myanmar newsletter special, November 2021

Antimicrobial resistance (AMR) is a global health and development threat.



Antibiotics Antivirals Antifungals Antiparasitics

What is antimicrobial resistance?

Antimicrobial resistance occurs when bacteria. viruses, fungi and parasites change over time and no longer respond to medicines. AMR occurs naturally over time, usually through genetic changes. AMR makes infections harder to treat and increases the risk of disease spread, severe illness and death.

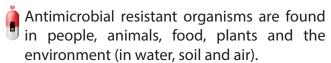
As a result of drug resistance, antibiotics and other antimicrobial medicines become ineffective and infections become increasingly difficult or impossible to treat.

What are antimicrobials?

Antimicrobials antibiotics. antivirals. are antifungals and antiparasitic used to prevent and treat infections in humans, animals and plants.

How to spread?

They can spread from person to person or between people and animals, including from





What accelerates the emergence and spread of antimicrobial resistance?



misuse and overuse of antimicrobials;



lack of access to clean water, sanitation and hygiene for both humans and animals;



poor infection and disease prevention and control in health-care facilities and farms;



poor access to quality, affordable medicines, vaccines and diagnostics;



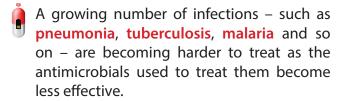
lack of awareness and knowledge on AMR and Infection Prevention and Control; and

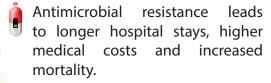


lack of enforcement of legislation for drugs regulations.



Why we need to worry?







The cost of AMR to the economy is significant.

Spread awareness, stop resistancem "





No.403 (A1), Shwe Taung Kyar Street, Bahan Township, Yangon, Myanmar. Tel: +95 1 7534 300, 7534 307, 7538 620 7538 621, 7538 474, 7538 476 Fax: +95 1 7538 233, 7538 435 E-mail: semmr@who.int Website: http://www.who.int/myanmar

How to prevent Antimicrobial Resistance?

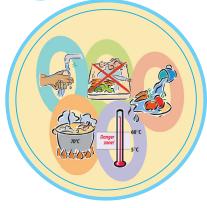
- Only use antimicrobials when prescribed by a certified health professional
- Never demand antimicrobials if your health worker says you don't need them
- Always follow your health worker's advice when using antimicrobials
- **Never share** or use leftover antimicrobials
- Prevent infections by
 - washing hands regularly;
 - preparing food hygienically;
 - avoiding close contact with sick people;
 - practicing safer sex; and
 - **keeping** vaccinations up to date.
- Prepare food hygienically according to WHO Five Keys to safer **food** - keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures, use safe water and raw materials.
- If possible, choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.











WHO response



WHO, through One Health approach in collaboration with Food and Agriculture Organization (FAO), the **World Organization for** Animal Health (OIE) and other key partners has supporting the countries to combat AMR.



