

Video summary

Will you be an Antibiotic Guardian (Public Health England): Dr Chris van Tulleken, Infectious Diseases doctor, explains that antibiotics don't work as well as they used to – bacteria have become more resistant, and this will continue if we do not collectively take action to stop it. With three simple steps we can all become Antibiotic Guardians:

1. Don't demand antibiotics from your doctor – they are not necessary for every infection, and they make very little difference to colds, flus and sore throats, instead ask a pharmacist for over-the-counter remedies to treat symptoms.
2. Take antibiotics exactly as prescribed, never save them for use in the future and never give them to someone else – they will work more effectively, and the bacteria won't become resistant.
3. Spread the word – tell your friends and family to use antibiotics properly.

