

The Facts About Antibiotics

关于抗生素的事实

New information about antibiotics, antibiotic resistance and colds and flu

FACT: Antibiotics don't work for all infections

Antibiotics only work on bacteria, not viruses like those that cause colds and flu. Taking an antibiotic you do not need will not make you feel better or recover faster. When you start to feel better it is usually because your immune system is doing the work to beat your infection.

FACT: The bacteria become resistant to antibiotics, not your body

Antibiotic resistance happens when bacteria change to protect themselves from an antibiotic. The more antibiotics are overused or taken incorrectly, the more chances bacteria have to change and become resistant to the medicines. This makes bacterial infections much harder to treat for you, your family and the community. Resistant bacteria can also pass their genes to other bacteria, forming a new antibiotic-resistant 'strain' of bacteria.

FACT: Antibiotic resistance is a real threat in our community now

Antibiotic resistance is not a future problem we can deal with later. It is already affecting people in Australia.

关于抗生素、耐药性和感冒及流感的新信息

事实：抗生素并不是对所有感染都有效

抗生素只对细菌有效，对诸如引起感冒和流感的病毒是无效的。不必要地服用抗生素并不会让您觉得好些或者恢复得快些。当您开始觉得好些时，通常是因为您的免疫系统正在发挥抵抗感染的作用。

事实：是细菌对抗生素产生耐药性，而不是身体产生耐药性

当细菌自身发生改变，以保护自己来抵抗抗生素的时候，就发生了对抗生素的耐药性，过度使用或者不正确地服用的抗生素越多，细菌不得不发生改变而对药物产生耐药性的可能性越大。这会使得您本人、家人和小区对细菌感染的治疗困难得多。细菌的耐药性还会通过基因遗传给其他细菌，形成新的抗生素耐药菌株。

事实：抗生素的耐药性目前是我们的社会中现实的威胁

抗生素耐药性并不是我们可以留到今后解决的未来问题。它已经影响着澳大利亚人。

FACT: Green nasal discharge does not mean you need antibiotics

Coloured mucous or phlegm is not always a sign of a bacterial infection. Neither are other symptoms including cough, sore throat, earaches and fever. Some people with these symptoms will need antibiotics, but most people will get better without antibiotics.

FACT: Sharing antibiotics and using leftovers can increase antibiotic resistance

Sharing antibiotics with another person or keeping leftovers for another illness can encourage bacteria to develop antibiotic resistance. These bacteria can spread to you, your family and the community.

FACT: Antibiotic resistance can have personal consequences for you, your family and the community

If you catch an antibiotic-resistant infection, you will have the infection for longer, you may be more likely to have complications from the infection and you could remain infectious for longer and pass your infection to other people.

Read more about antibiotics

For more information in your language, visit nps.org.au/antibiotics-cald

事实：绿色鼻涕并不意味着你需要抗生素

带颜色的黏液或痰并不总是细菌感染的体征。咳嗽、咽痛、耳痛和发烧等其他症状也不是。有这些症状的人有些需要抗生素，但大多数人不用抗生素也能好转。

事实：共享抗生素和使用剩余的抗生素可能增加抗生素耐药性

与另一个人共享抗生素或将剩余的抗生素留在其他病用，可能会促使细菌形成抗生素耐药性。这些细菌可能传播给您本人、家人和小区。

事实：抗生素耐药性可能对您本人、家人和小区产生个人影响

如果得了有抗生素耐药性的感染，感染时间会较长，较可能产生感染并发症，保持传染性的时间可能也较长，可能传染给其他人。

进一步了解抗生素

如果需要简体中文的更多数据，请访问 nps.org.au/antibiotics-cald

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