

Antibiotic Overuse

Quality of Care NL/Choosing Wisely NL have created a campaign to tackle the problem of antibiotic overuse in Newfoundland and Labrador. Get informed!



The world is running out of antibiotics.¹

We are using too many. This overuse has caused more and more drug-resistant bacteria to develop. New drug development cannot keep up. In Canada, people die each year because antibiotics no longer work for some infections.



In Newfoundland and Labrador, we give out more antibiotics than anywhere else in the country.²

Overuse can encourage the growth of resistant bacteria which are harder to treat.



Did you know some viral infections can last for several weeks?

Antibiotics won't stop a cold or flu, no matter how long it lasts. They can also cause some nasty side effects.



Talk to your doctor if:

Your temperature is over 38.5° Celsius, and you have symptoms such as:

- chest pain
- difficulty breathing
- back pain
- red and painful skin
- or headaches with drowsiness

You feel sick and have:

- a weak immune system
- chronic lung disease
- or recently had surgery

Talk to your doctor.

Ask “do I really need antibiotics?” and take your treatments as prescribed.

Choose Wisely.

1. The World Health Organization (2017, September 20th). The world is running out of antibiotics, WHO report confirms. Retrieved November 9th, 2017. <http://www.who.int/mediacentre/news/releases/2017/running-out-antibiotics/en/>

2. Government of Canada. (2016). Canadian Antimicrobial Resistance Surveillance System-Report 2016. Retrieved from the Government of Canada website. <https://www.canada.ca/en/public-health/services/publications/drugs-health-products/canadian-antimicrobial-resistance-surveillance-system-report-2016.html>

