

The Facts About Antibiotics

關於抗生素的事實

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.

關於抗生素、耐藥性和感冒及流感的新資訊

事實：抗生素並不是對所有感染都有效

抗生素只對細菌有效，對諸如引起感冒和流感的病毒是無效的。不必要地服用抗生素並不會讓您覺得好些或者恢復得快些。當您開始覺得好些時，通常是因為您的免疫系統正在發揮抵抗感染的作用。

事實：是細菌對抗生素產生耐藥性，而不是身體產生耐藥性

當細菌自身發生改變，以保護自己來抵抗抗生素的時候，就發生了對抗生素的耐藥性，過度使用或者不正確地服用的抗生素越多，細菌不得不發生改變而對藥物產生耐藥性的可能性越大。這會使得您本人、家人和社區對細菌感染的治療困難得多。細菌的耐藥性還會通過基因遺傳給其他細菌，形成新的抗生素耐藥菌株。

事實：抗生素的耐藥性目前是我們的社會中現實的威脅

抗生素耐藥性並不是我們可以留到今後解決的未來問題。它已經影響著澳大利亞人。

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

事實：綠色鼻涕並不意味著你需要抗生素

帶顏色的黏液或痰並不總是細菌感染的體征。咳嗽、咽痛、耳痛和發燒等其他症狀也不是。有這些症狀的人有些需要抗生素，但大多數人不用抗生素也能好轉。

事實：共用抗生素和使用剩餘的抗生素可能增加抗生素耐藥性

與另一個人共用抗生素或將剩餘的抗生素留在其他病用，可能會促使細菌形成抗生素耐藥性。這些細菌可能傳播給您本人、家人和社區。

事實：抗生素耐藥性可能對您本人、家人和社區產生個人影響

如果得了有抗生素耐藥性的感染，感染時間會較長，較可能產生感染並發症，保持傳染性的時間可能也較長，可能傳染給其他人。

進一步瞭解抗生素

如果需要繁體中文的更多資料，請訪問 nps.org.au/antibiotics-cald

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