




BECOME AN ANTIBIOTIC GUARDIAN



INSTRUCTIONS FOR HOW TO BECOME AN ANTBIOTIC GUARDIAN

Keep  Working





BECOME AN ANTIBIOTIC GUARDIAN

Protect yourself,
your family and friends
against the spread of
antibiotic resistance.

Join us at

antibioticguardian.com/south-africa

Keep  Working

ANTIBIOTIC GUARDIAN SOUTH AFRICA

The Antibiotic Guardian campaign was established to help Protect and conserve antibiotics for future generations in South Africa and improve knowledge about antibiotic resistance.

You are invited to become an Antibiotic Guardian.

As an Antibiotic Guardian you can encourage others to join you in protecting and conserving antibiotics against the growing threat of antibiotic resistance at

www.antibioticguardian.com/south-africa

Directly encourage 2-5 co-workers, friends and/or family to visit the antibiotic guardian website to become Antibiotic Guardians.

Please share the pledge on social media using both the hashtags **#ProtectAntibioticsZA** and **#AntibioticGuardian**.

#AntibioticGuardian
#ProtectAntibioticsZA

HOW TO TAKE THE ANTIBIOTIC GUARDIAN PLEDGE

Step 1. Go to www.antibioticguardian.com/south-africa (Also available on mobile)

Step 2. Choose a category I am a e.g HEALTH CARE AND ANIMAL HEALTH CARE PROFESSIONAL

**BECOME AN ANTIBIOTIC GUARDIAN
CHOOSE YOUR PLEDGE NOW!**

I AM A

HEALTH CARE AND ANIMAL HEALTH CARE PROFESSIONAL <i>Select from the list below</i> <input type="text"/>	CITIZEN OR FARMER <i>Select from the list below</i> <input type="text"/>	STUDENT OR EDUCATOR <i>Select from the list below</i> <input type="text"/>
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Step 3. Select one from list below
Human Health Care Prescribers (Doctors, Dentists, Nurses)
Animal Health Care Prescribers (Veterinarians)
Healthcare workers (Non Prescribers) Administrators, Managers, Organisations

Step 4. Then CHOOSE A UNIVERSAL PLEDGE. All citizens must select from the below

CHOOSE A UNIVERSAL PLEDGE

All citizens must select from the below

- I pledge to use antibiotics only when indicated for a bacterial infection
- If I am prescribed antibiotics I will take them exactly as prescribed and never share them with others
- If someone I care for such as my child, spouse, parent, friend or pet is prescribed antibiotics I will ensure that they take them exactly as prescribed and never share them with others.
- I will wash my hands after sneezing or coughing to reduce transmission of infection and antibiotic resistance. I will encourage my family members and friends to do the same.
- I will wash my hands before eating or preparing food to prevent infections from spreading and keep myself and my family and pets healthy
- I will protect the environment from antibiotic pollution by disposing of unused or expired antibiotics at my local pharmacy
- I pledge to keep my animal(s) healthy through good nutrition and husbandry, relevant vaccination and de-worming and by having regular veterinary health checks

Step 5. Then SELECT A HEALTH CATEGORY PLEDGE MESSAGE
Messages will display below

AND SELECT A HEALTH CATEGORY PLEDGE MESSAGE

Messages will display below

- **I will prevent infections to my patients by carrying out hand hygiene properly according to the WHO 5 moments of hand hygiene**
- **When I see a patient with a self-limiting viral infection (such as a cold), I will discuss methods of self-care and supportive treatment rather than prescribing antibiotics**
- **When I see a patient with dental pain, I will discuss methods of controlling symptoms rather than prescribing antibiotics**
- **I will familiarise myself with and use the local antibiotic stewardship guidelines/Standard Treatment Guidelines regarding appropriate use of antibiotics and encourage uptake by my peers**
- **I will investigate a possible bacterial infection with culture and sensitivity testing before prescribing antibiotics wherever possible**
- **When I write an antibiotic prescription for a bacterial infection, I will make sure that it is in line with local antibiotic prescribing guidelines or the Standard Treatment Guidelines and I will use narrow spectrum antibiotics where possible**
- **I will review my antibiotic decision after 48- 72 antibiotic hours along with the culture**

Step 6. Fill in your personal detail
POSTCODE Enter the 1st half of the postcode of your work or home address

TITLE / FULL NAME*

Mr ▼ First name Surname

EMAIL*

SELECT YOUR COUNTRY

South Africa ▼

POSTCODE*

FIRST HALF POSTCODE only (HCPs please provide work address postcode)

FROM WHOM DID YOU HEAR ABOUT THIS?*

Select from the list below

PERMISSION TO FOLLOW UP*

Step 7. Give PERMISSION TO FOLLOW UP*
Choose Yes or No
Enter the code that will appear on website
Click Submit

FROM WHOM DID YOU HEAR ABOUT THIS?*

Select from the list below

PERMISSION TO FOLLOW UP*

May we contact you in the future about your antibiotic pledge?

YES
 NO

Enter the code below

*Please ensure that ALL the required fields marked by a * are completed before submitting
Your Email and Postcode will never be published publicly on the website*



ANTIBIOTIC GUARDIAN

Keep  Antibiotics Working



health

Department:
Health
REPUBLIC OF SOUTH AFRICA



fidssa
federation of infectious diseases
societies of southern africa

 SAASP
SOUTH AFRICAN ANTIBIOTIC
STEWARDSHIP PROGRAMME



Public Health
England

Public Health England (PHE) established the Antibiotic Guardian campaign in 2014 to help protect antibiotics and improve knowledge about Antibiotic Resistance. Antibiotic Guardian for South Africa has been developed as a collaboration between the National Department of Health, the Ministerial Advisory Committee on Antimicrobial Resistance and PHE.

#AntibioticGuardian
#ProtectAntibioticsZA