

STOP believing these antibiotic myths

Understanding how antibiotics work is crucial; here are **five myths** Malaysians must unlearn to protect our health and prevent resistance.

MYTH

Antibiotics cure viral infections



It's okay to stop antibiotics once you feel better



It's safe to share or use leftover antibiotics



Antibiotic resistance happens in people, not bacteria



Antibiotics are needed for all infections



FACT



- Antibiotics only kill bacteria, not viruses.
- Taking them for viral illnesses like



- Stopping antibiotics early leaves some bacteria alive, giving them a chance to adapt and become resistant.



- Never share or reuse antibiotics.
- Each infection needs the right drug, dose and duration.
- Using the wrong antibiotics can lead



- It's the bacteria - not people - that become resistant.
- Overusing antibiotics, especially



- Not all infections need antibiotics - only bacterial ones do.
- In fact, many mild cases can improve with just rest and fluids as your immune system can fight off

the flu or colds won't help, and worse, it fuels antibiotic resistance, making real bacterial infections harder to treat.

- Always finish the full course to eliminate the infection.

to resistance and may not cure the illness.

- And if taken correctly, there shouldn't be any leftovers.

unnecessarily for viral illnesses, enables resistant bacteria to survive, multiply and spread, making infections harder to treat.

the infection on its own.

- Using antibiotics unnecessarily increases resistance and helps dangerous superbugs emerge.

Source: Universiti Putra Malaysia (UPM) senior consultant clinical microbiologist Professor Dr Zamberi Sekawi

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