

Pledge to become an **ANTIBIOTIC GUARDIAN** and select the simple action you can take which will protect our antibiotics.



The South African Antibiotic Stewardship Programme (SAASP) supported by the Federation of Infectious Diseases Societies of Southern Africa (FIDSSA), is coordinating Antibiotic Awareness activities in South Africa in collaboration with the Departments of Health and Agriculture, Forestry and Fisheries, and other professional organisations.

Antibiotic Guardian supports the South African National Department of Health's Antimicrobial Resistance Strategy (2014-2024) and World Antibiotic Awareness Week.

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

<http://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 on social media using #AntibioticGuardian.



Instructions how to become an Antibiotic Guardian

Step 1. Go to <http://antibioticguardian.com/south-africa/> (also on your mobile phone)

Step 2. Go to HEALTH CARE AND ANIMAL HEALTH CARE PROFESSIONAL [Scroll to the bottom of the page]

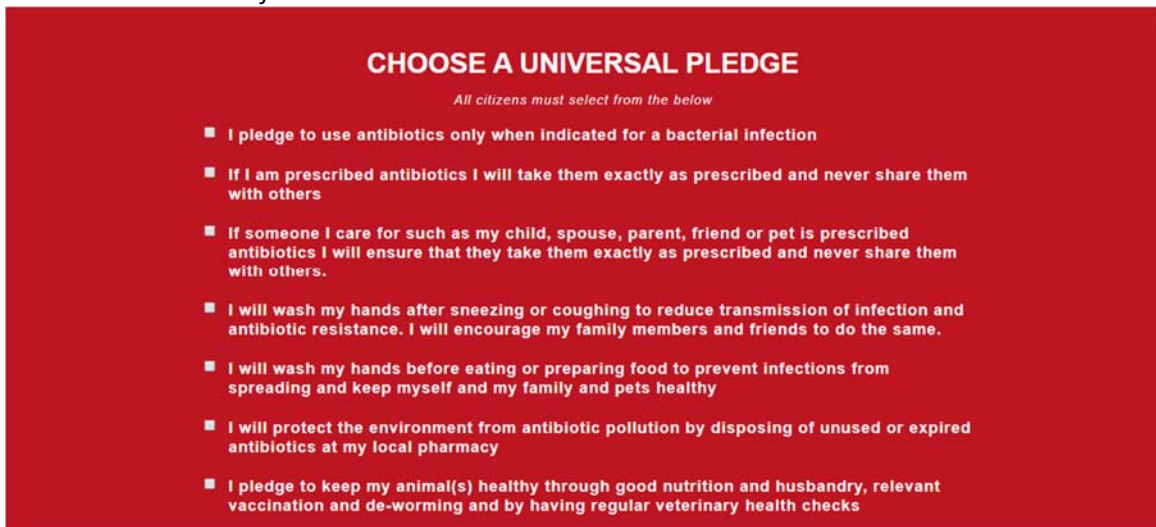


Step 3. Select one from list below

- 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



Step 5. Then AND 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 and sensitivity results

Step 6. Fill in your personal detail

- Enter the postcode of your work address

TITLE / FULL NAME*

Mr * First name Surname

EMAIL*

SELECT YOUR COUNTRY

South Africa *

POSTCODE*

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

HOW DID YOU HEAR ABOUT US?*

Select from the list below

Step 7. Give PERMISSION TO FOLLOW UP*

- Choose Yes or No
- Enter the code that will appear on website
- Click Submit

PERMISSION TO FOLLOW UP*

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

YES
 NO

Enter the code below

B ML Z

SUBMIT

*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*

Step 8. Answer the 5 questions provided

- Choose True or False

Step 9. Download your certificate and share on either Facebook or Twitter

