

WHAT YOU NEED TO KNOW ABOUT

AMR (ANTIMICROBIAL RESISTANCE)



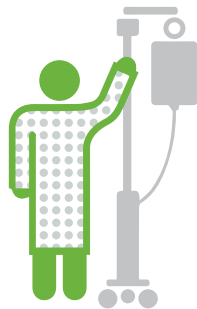
Food Standards Agency
food.gov.uk

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THE FACTS ABOUT AMR

An antibiotic is an antimicrobial drug used to treat bacterial infections in humans and animals. However, bacteria can change and find ways to survive the effects of an antibiotic. The more we use and misuse antibiotics could increase the resistance of bacteria to them. This is known as antimicrobial resistance (AMR).

AMR is a serious threat to public health. It could mean that antibiotic treatment won't be able to help, the next time you are ill.



The economic cost of AMR, in terms of lost global production, between now and 2050 is estimated at US\$100 trillion.



The O'Neill report estimates that almost 700,000 people worldwide die annually from AMR.



1 MILLION PEOPLE

The global impact of AMR could be 10 million deaths annually by 2050.



2

HOW AMR SPREADS

Like humans, animals (including farm animals) carry bacteria. When antibiotics are given to animals, the drugs kill most of the bacteria, but resistant bacteria can survive and multiply. These resistant bacteria can be passed on, in the following ways.

Faecal contamination, when the animal is slaughtered or when used as manure, could transfer AMR microbes to the environment and meat products.



Vegetables, fruit and shellfish can become contaminated if the water used to grow them, or which they live in, has AMR microbes.



Food may be contaminated by AMR microbes in the environment.



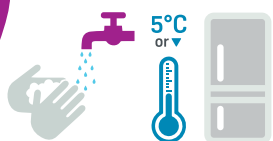
If food is handled on contaminated surfaces or without the right hygiene practises, AMR bacteria can spread from one type of food to another (cross-contamination).



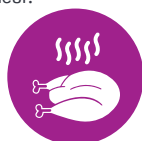
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HOW YOU CAN AVOID IT

Remember the 4Cs when handling food – clean well, cook thoroughly, chill correctly and avoid cross-contamination.



Handle and cook your meat – such as poultry, pork, minced beef and lamb – so that the meat is steaming hot throughout, there is no pinkness and any juices run clear.



Thoroughly wash and/or peel fruits and vegetables if you are eating them raw.



Make sure you use antibiotics only when necessary, and complete your prescribed course, so they can work effectively.



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HOW THE FSA IS TACKLING AMR

We are funding research to find out about AMR microbes in the food chain and help us fill in the gaps in our knowledge.



We are working with other government departments and industry as they develop action plans to reduce the levels of AMR microbes in food.



Our Advisory Committee on the Microbiological Safety of Food has established an AMR sub-group to consider issues in the food chain.



We are also working with consumers to raise awareness of AMR and food, and provide practical advice.



For more information, visit food.gov.uk/amr and nhs.uk/nhsengland/arc/pages/aboutarc.aspx

Join the conversation on [Facebook](https://www.facebook.com/foodgovuk) and [@food.gov.uk](https://twitter.com/foodgovuk) using #AMR

Sign up to our alerts on food.gov.uk/email Watch us on [YouTube](http://food.gov.uk/youtube) View our pins on [Pinterest](http://pinterest.com/foodgov)

Sources

- O'Neill Review on Antimicrobial Resistance, 2014 (see www.amr-review.org)
- CSA Report #4
- www.nhs.uk/nhsengland/arc/pages/aboutarc.aspx

For more information, visit food.gov.uk