

## **Care to Self-Care**

Antibiotics are the backbone of modern medicine. Protecting this backbone is the greatest act of self-care of our lifetime, and yet also of care for community and others.

Self-Care Initiative Europe are therefore proud to take part in European Antibiotic Awareness Day, by promoting how citizens can act everyday to prevent infections, navigate symptoms, and use patience as part of their self-care. We hope to contribute to a better awareness about our challenged antibiotics that encourages preventive action and empower citizens to conscious choices even before any actual symptoms present themselves.

Prevention and action at home, in day care and schools, or at work are part of of what we can all do to keep antibiotics working for us all - and a change we can make today by remembering how to self-care for life.