

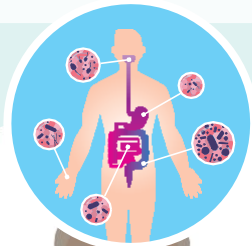
## YOU ARE COLONISED WITH MDRO OR HDRO

**MDRO**  
 Multi-drug  
 Resistant  
 Organism

**HDRO**  
 Highly-drug  
 Resistant  
 Organism

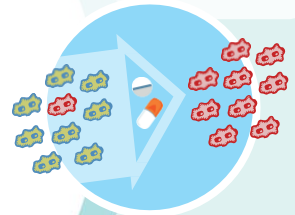
1

We all carry bacteria in our microbiota: the digestive tract, skin, nose, mouth...



2

When antibiotics are used, bacteria fight back and can become resistant



3

Carrying multi-drug resistant bacteria does not necessarily mean that you have an infection. Antibiotics will only be prescribed in case of infection



5

Antibiotic-resistant bacteria disappear from the microbiota within a few weeks, but the duration varies from person to person



4

Transmission of multi-drug resistant bacteria is mainly through hands and contaminated surfaces



I am a carrier of  
 multidrug-resistant  
 bacteria



## What should I do to avoid the contamination of others?

→ I inform all health professionals that I am a multidrug-resistant bacteria carrier during consultation appointments or hospitalizations



→ Little change in my daily life but I am vigilant!



## What should I do to keep antibiotics effective?

→ I only take antibiotics if my doctor has prescribed them

