

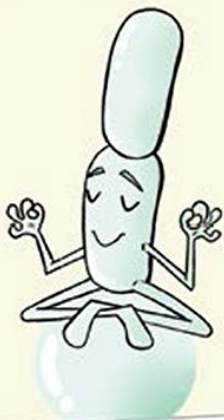


World Health
Organization

DID YOU KNOW THAT SUPERBUGS CAN BE FOUND IN FOOD?

Bacteria are everywhere
in soil, water, plants, animals, people and food.
There are 3 types of bacteria:

The **GOOD** ones



Useful for health

The **BAD** ones



Make food smell and
taste bad

The **DANGEROUS** ones



Cause foodborne diseases

Dangerous bacteria cause severe **foodborne diseases** that may need to be treated with antibiotics



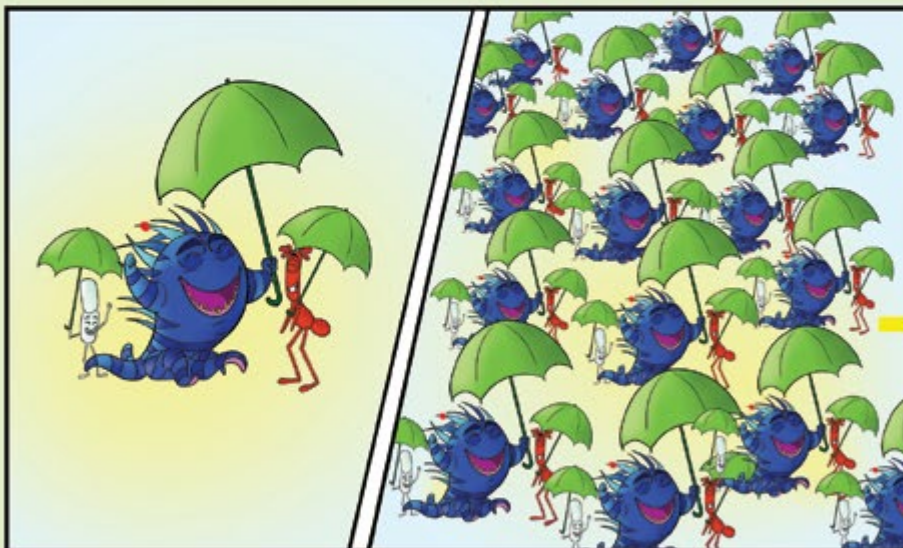
Antibiotics kill most bacteria...



...but some can survive and become **antibiotic resistant (=superbugs)**



And **share resistance** with all other bacteria



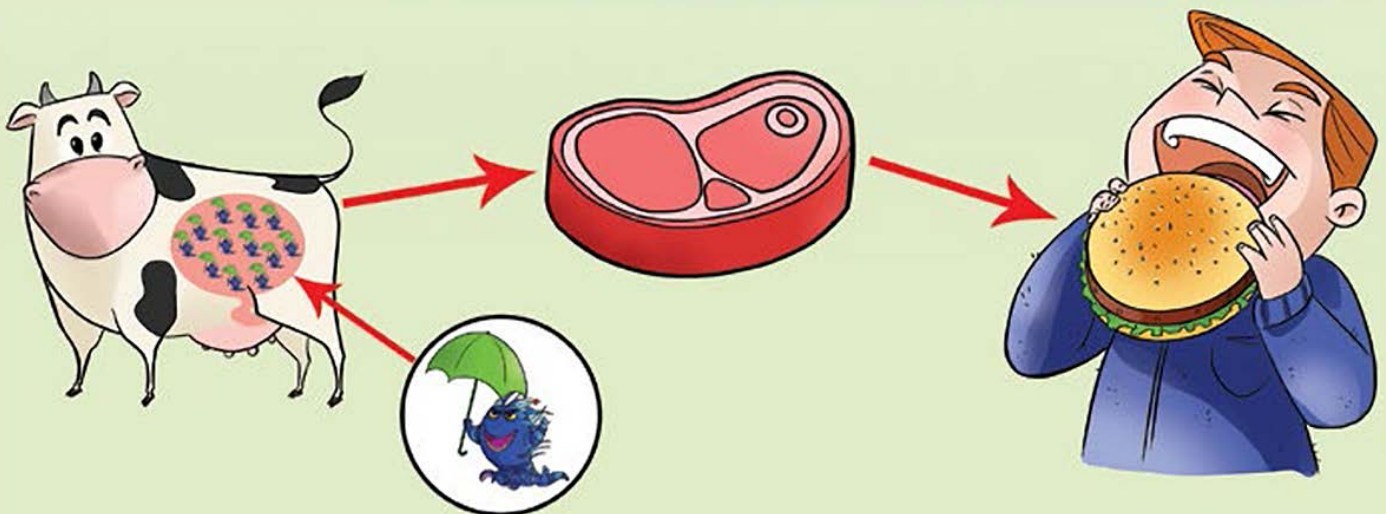
Superbugs multiply and spread everywhere



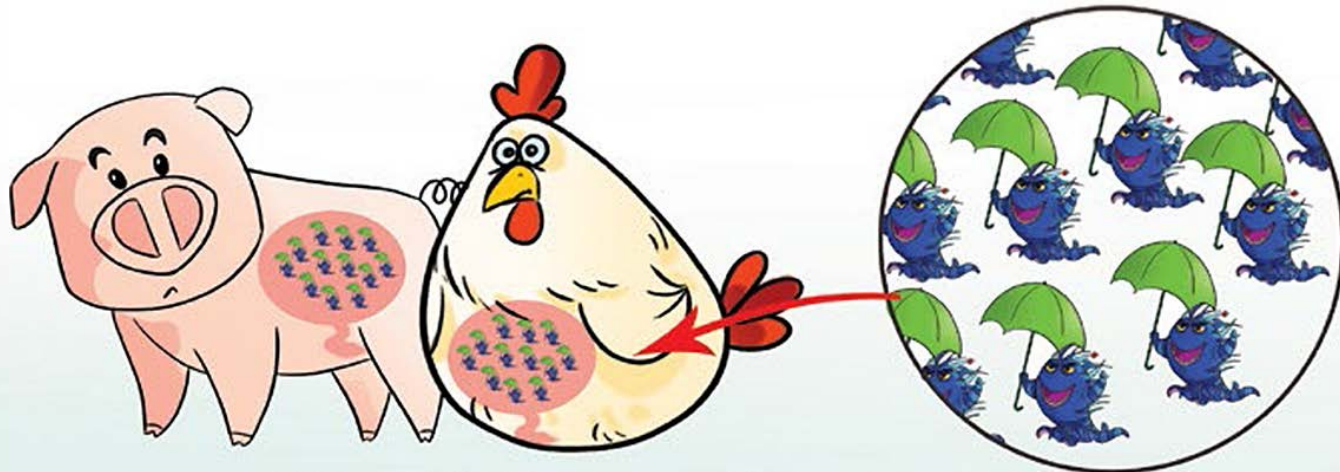
Superbugs can spread in the **environment** (e.g. through human faeces or animal manure) and contaminate **foods**, including fruits and **vegetables**



They can spread through **human-to-human** contact...



or by **eating** contaminated food if the food is not handled or cooked properly



In many countries antibiotics are used to make animals grow faster (growth promotion) or to prevent diseases in healthy animals. The **overuse** and **misuse** of antibiotics in humans and animals leads to emergence of superbugs, which can no longer be treated with antibiotics. People will once again die from common infections.

WHAT YOU CAN DO TO PROTECT YOURSELF FROM SUPERBUGS THAT MAY BE IN FOOD:

1

Follow the WHO Five Keys to Safer food



Keep clean

Separate raw and cooked



Cook thoroughly

Keep food at safe temperatures



Use safe water and raw materials

2

Choose foods produced without the routine use of antibiotics

who.int/foodsafety

