

# What is Resistant Bacteria?

Antibiotics kill bacteria that cause infections, but bacteria fight back and find new ways to survive. Bacteria that can 'resist' antibiotics, and thus continue growing and spreading. When this happens, antibiotics cannot be used to treat diseases anymore and causing health treat.

## How Does Resistant Bacteria Spread?

- |                              |                                |
|------------------------------|--------------------------------|
| 1. Contaminated Food product | 2. Contaminated water and soil |
| 3. Cross Contamination       | 4. Unhygienic Environment      |

## How to combat Resistant Bacteria? Follow the FIVE KEYS TO SAFER FOOD:



1 Keeping hands, food premise and utensils clean



2 Separate raw and cooked food



3 Cooking thoroughly (>63°C)



Keep food at safe temperature



5 Use safe water and raw materials