



**PLAS • FIGHTER**  
Plasmid Biology & Evolution

# You don't need to be a researcher to fight AMR



You only have to know what **judicious  
use of antibiotics** is



**Judicious use of antibiotics** refers to a responsible, critical and rational use of antibiotics.  
Which practices align with this term?



## What judicious use **IS**:

- Right **drug**, right **dose**, right **time**
- Based on **evidence** and **diagnosis**
- A **shared responsibility** across healthcare, farming, and the public



Judicious use is **NOT**:

- Taking antibiotics “just in case”
- Using them for **viral infections**
- Keeping leftovers or **sharing them**
- Pressuring for **unnecessary prescriptions**



Judicious use of antibiotics helps **control resistance** and maintain a balance between susceptible and resistant microbes, supporting both **human health and the environment.**



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A groundbreaking project led by our  
researcher Álvaro San Millán



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