What is a superbug? How are they made?
Superbugs are the microorganisms that cause diseases, but it has no/rare treatments to remove them. They have gained immunity against lots of antibiotics over a long time due to the process of natural selection. (Natural selection is when a single organism develops and evolves into various ways, and the one that has evolved so that they can live better than the original organism which didn't evolve. Over time, the developed ones survive, others die. For example, giraffes were believed to have short necks. However, some have grown longer necks, and it was better for eating leaves on a tree. Soon, all the short necked giraffes starved to death, and the long necked ones survived. Bacteria worked that way. They evolve a lot, and they mutated a bit that made antibiotics to not kill them.)

Examples

Norovirus:
Symptoms: High temperature above 38 degrees, headache, stomach cramp, aching limbs
Treatment: No cure exists, but usually it can be treated naturally within few days.

Pseudomonas aeruginosa:
Symptoms: Fever, fatigue, ear/eye/soft tissue/respiratory system/bone/joint infection
Treatment: Mixture of antibiotics, as they are immune to most of them.

News report relating to a superbug
There was a case where infected chickens and turkeys with MRSA bacteria with them. Despite the fact that this disease was new in that place, they took it that there is very low chance that a person might get affected from the disease, as they are usually cooked, which kills all the bacteria. Even the houses which have caught MRSA were treated in less than 24 hours and only caused a mild skin infection.

How can you prevent pathogens to mutate, become immune to certain antibiotics and spread?
1. Do not use antibiotics too much as it will result pathogens to gain immunity.
2. Hospital visitors must wash their hands.
3. It is usually better to isolate patients who are infected with the superbugs, as hospital will have lots of people who have their immune system weakened by other diseases.
4. Disinfect all the hospital equipments regularly.