

# What you can do to help PREVENT SEPSIS

Sepsis can be caused by any type of infection: bacterial, viral, fungal, or even parasitic. Many infections can be prevented simply by good and consistent hygiene. Others can be prevented through the use of vaccinations.



## Get vaccinated

Vaccinations, also known as immunizations, can help make you immune to viruses, such as the chicken pox, which can lead to sepsis.



## Care for open wounds

Cuts, scrapes, or breaks in the skin can allow harmful bacteria to enter your body. For this reason, it's essential to:

- Clean open wounds as quickly as possible and keep them clean.
- Monitor wounds for signs of an infection: such as redness around the wound, skin around the wound is warm to touch, increased pain and/or discharge from wound.
- Consult a doctor if there are signs of infection.



## If prescribed, take your antibiotics correctly

- Carefully follow the directions for use
- Take them on time
- Finish the full course, even if you feel better sooner
- Store the antibiotics as directed



## Wash your hands

Wash your hands using running water. Lather your hands well, rub between each finger and under your nails, and dry your hands thoroughly with a clean towel. You can also use waterless cleansers if soap and water are not available. Make sure to wash your hands:

- Before eating or handling food
- After using the bathroom
- After blowing your nose or coughing
- After touching pets or other animals
- After being outside the home, such as going to school or shopping