

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

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 going to school or shopping