How to prevent sepsis
The role you can play in health care and communities

Sepsis can be prevented by
- preventing infection
- preventing the evolution of infection to sepsis

The main ways to prevent infection are:

**COMMUNITY**

- **Good hygiene**
  - 40% reduction in diarrhoea

- **Safe water and sanitation**
  - 10% global disease burden

- **Safe food preparation and good nutrition**
  - 50% reduction in diarrhoea
  - 30% reduction in respiratory infections in children

- **Vaccinations**
  - Prevent 2-3 million deaths every year

**HEALTH CARE**

- **Practicing the 5 Moments for hand hygiene**
  - 50% reduction in infection

- **A clean, well-functioning environment and equipment**

- **Safe water and sanitation**

- **Infection prevention and control programmes and teams**
  - 30% reduction in infection

- **Infection prevention measures**

Evolution of an infection to sepsis can be prevented by:

- **Early detection of sepsis signs and symptoms**
- **Prompt seeking of medical care**
- **Prompt antimicrobial treatment and its reassessment**