How to prevent sepsis

The role you can play in health care and communities

#sepsis #handhygiene

**What is sepsis?**

Sepsis arises when an infection alters the body’s normal response causing injury to tissue and organs.

**Every year sepsis affects**

- 30 million people worldwide
- 3 million newborns
- 1.2 million children
- Can kill 6 million people
- Kills up to 500,000 newborns
- Causes 1 in 10 maternal deaths

**Who is at risk?**

- Anyone with an infection can develop sepsis but some are more at risk than others
- Pregnant women
- Neonates
- The elderly
- The immunosuppressed
- Patients with chronic diseases
- Hospitalized patients
How and where do we prevent sepsis?

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

The main ways to prevent infection are:

- **Good hygiene**: Practicing the 5 Moments for hand hygiene
  - A clean, well-functioning environment and equipment
  - Safe water and sanitation

- **Safe water and sanitation**: A clean, well-functioning environment and equipment

- **Safe food preparation and good nutrition**: Vaccinations
  - Prevent 2-3 million deaths every year

- **Vaccinations**: Infection prevention measures
  - Safe water and sanitation

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

Together we can help prevent sepsis and save millions of lives every year.