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:

**Good hygiene**
- Practicing the 5 Moments for hand hygiene
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  - ABHR
  - A clean, well-functioning environment and equipment

**Safe water and sanitation**
- Safe water and sanitation
  - 10% Global Disease Burden
  - 50% Infection

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

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

**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