

# How to prevent sepsis

The role you can play in health care and communities

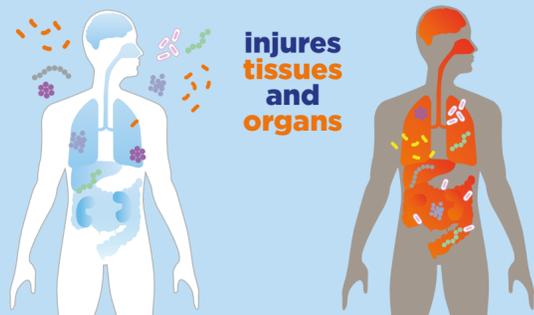
#sepsis #handhygiene

## What is sepsis?

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

life-threatening illness

injures tissues and organs



### Every year sepsis affects

30 million people worldwide

3 million newborns

1.2 million children

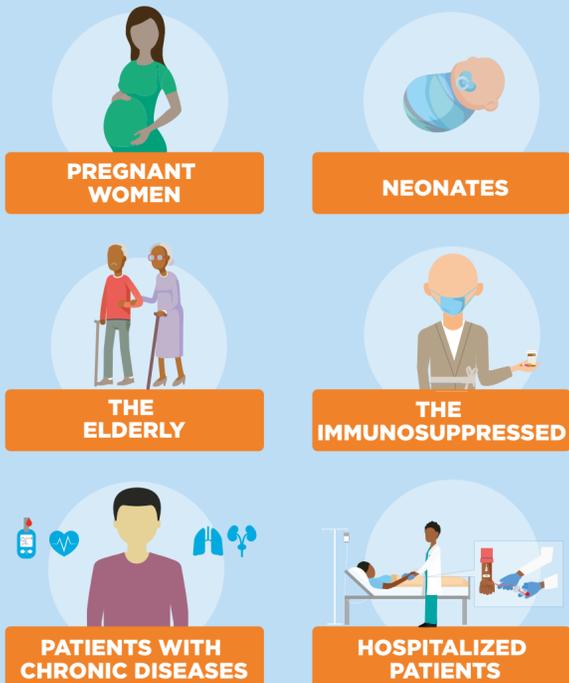
can kill 6 million people

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



### How and where do we prevent sepsis?

Sepsis can be prevented by

preventing infection

preventing the evolution of infection to sepsis



The main ways to prevent infection are:



<p><b>Good hygiene</b></p> <p>↓ 40% DIARRHOEA</p>	<p><b>Practicing the 5 Moments for hand hygiene</b></p> <p>↓ 50% INFECTION</p>
<p><b>Safe water and sanitation</b></p> <p>↓ 10% GLOBAL DISEASE BURDEN</p>	<p><b>A clean, well-functioning environment and equipment</b></p>
<p><b>Safe food preparation and good nutrition</b></p> <p>↓ 50% DIARRHOEA</p> <p>↓ 30% RESPIRATORY INFECTIONS IN CHILDREN</p>	<p><b>Safe water and sanitation</b></p>
<p><b>Vaccinations</b></p> <p>Prevent 2-3 million deaths every year</p>	<p><b>Infection prevention and control programmes and teams</b></p> <p>↓ 30% INFECTION</p>
	<p><b>Infection prevention measures</b></p>

### Evolution of an infection to sepsis can be prevented by:

<p><b>Early detection of sepsis signs and symptoms</b></p>	<p><b>Prompt seeking of medical care</b></p>	<p><b>Prompt antimicrobial treatment and its reassessment</b></p>
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Together we can help prevent sepsis and save millions of lives every year

