

# How to prevent sepsis

The role you can play in health care and communities

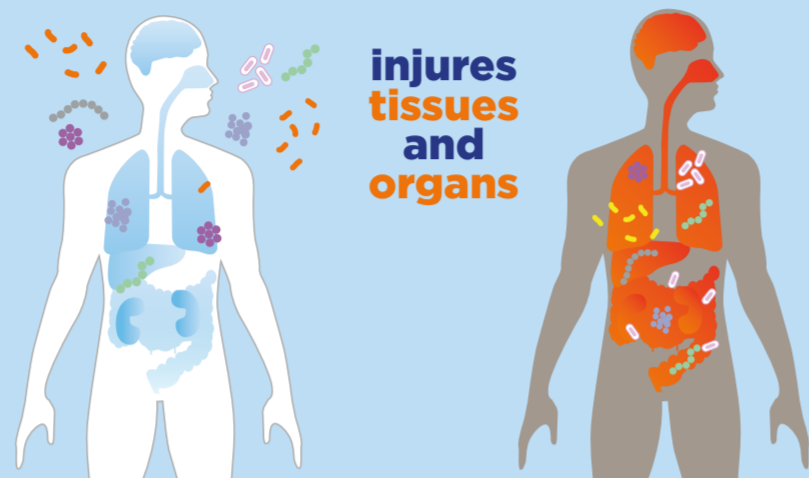
#sepsis #handhygiene

## 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

- 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

preventing the evolution of infection to sepsis



The main ways to prevent infection are:



- Good hygiene**  
↓ 40% DIARRHOEA
- Safe water and sanitation**  
↓ 10% GLOBAL DISEASE BURDEN
- Safe food preparation and good nutrition**  
↓ 50% DIARRHOEA  
↓ 30% RESPIRATORY INFECTIONS IN CHILDREN
- Vaccinations**  
Prevent 2-3 million deaths every year

- Practicing the 5 Moments for hand hygiene**  
↓ 50% INFECTION
- A clean, well-functioning environment and equipment**
- Safe water and sanitation**
- Infection prevention and control programmes and teams**  
↓ 30% 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**

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

