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

#sepsis #handhygiene

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
- 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

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