World Health Organization

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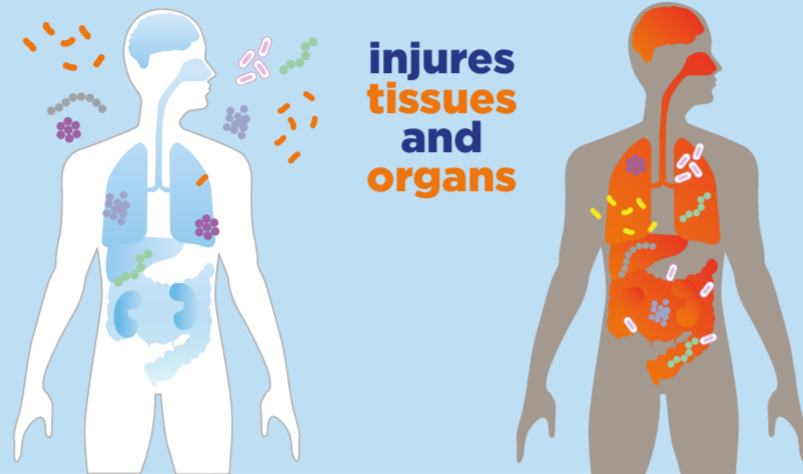## The role you can play in health care and communities

#sepsis #handhygiene

What is sepsis?

life-threatening illness

injures tissues and organs

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**
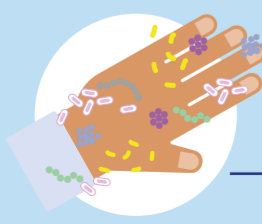- **PATIENTS WITH CHRONIC DISEASES**
- **HOSPITALIZED PATIENTS**

How and where do we prevent sepsis?

Sepsis can be prevented by

- preventing **infection**
- preventing the evolution of infection to **sepsis**

COMMUNITY

The main ways to prevent infection are:

HEALTH CARE

COMMUNITY

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

HEALTH CARE

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