



# You Can Help Stop Germs From Making You Sick

This visual guide was created to help children understand how to avoid infections.

## What is sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure, and death.

More than 75,000 children develop severe sepsis in the U.S. each year. Almost 7,000 of these children die.

Sepsis can happen as the result of any infection. There is no one symptom of sepsis. If your child is unwell with either a fever or very low temperature (or has had a fever in the last 24 hours): *SUSPECT SEPSIS.*

Signs and symptoms to watch for:

### Any child who:

1. Feels abnormally cold to touch
2. Looks mottled, bluish, or has very pale skin
3. Has a rash that does not fade when you press it
4. Is breathing very fast
5. Has a convulsion
6. Is very lethargic or difficult to wake up

### Any child under 5 who:

1. Is not eating
2. Is vomiting repeatedly
3. Has not urinated in 12 hours

If you see one or more of these symptoms, your child may be critically ill.

**SEE A DOCTOR URGENTLY OR CALL 9-1-1 AND SAY "I'M CONCERNED ABOUT SEPSIS"**



For the Child  
Bug says: Washing  
your hands is very  
important.

Wash them when they're dirty.



And wash them after using  
the bathroom.



You also need to wash your  
hands before or after doing  
these things:

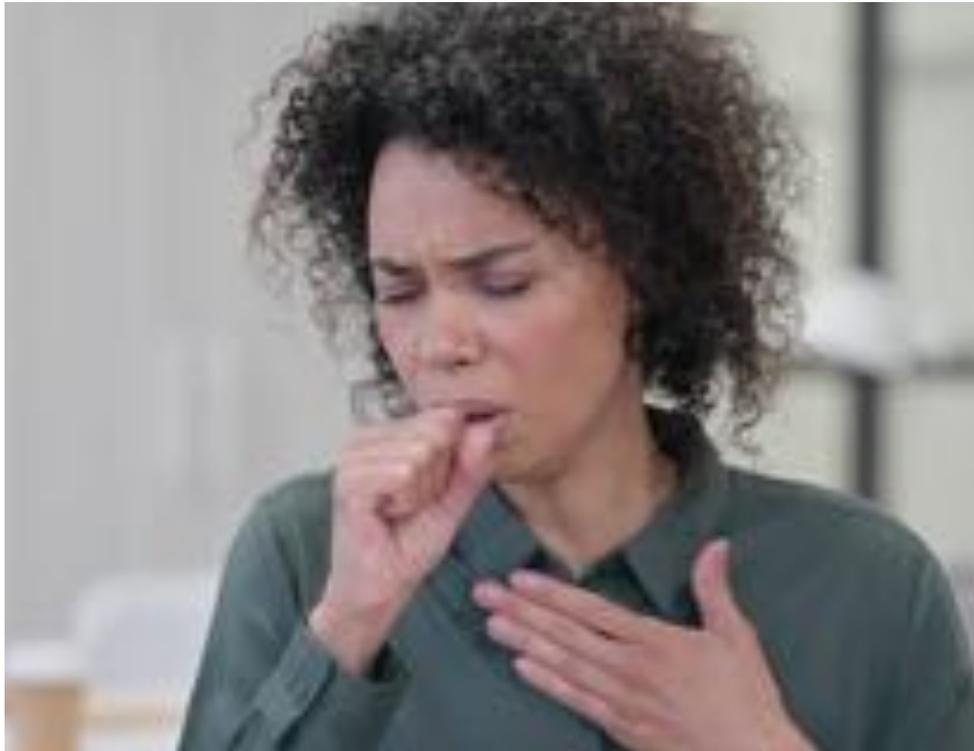




For the Child

Bug also says it's  
a good idea to:

Stay away from people when  
they are sick.



Get vaccinations to help  
you stay healthy.



Not pick or scratch at cuts,  
blisters, zits, bug bites or any  
kind of wound.



Tell an adult if you are bleeding, or if something hurts or feels strange.



Or if you have to go to the bathroom a lot or if it hurts when you use the toilet.





Bug says: You still might get sick sometimes.

If you are very sick, you may have to go to the hospital. You can get help there.

You might need to take medicine to fight the bad germs.



There are lots of people who work in hospitals. Doctors, nurses, and other people will come in and out of your room.



You might have to take medicines. Someone might change bandages, bring food, or help you get out of bed.



If you get sicker, you might have to move to a special place called an intensive care unit or ICU.

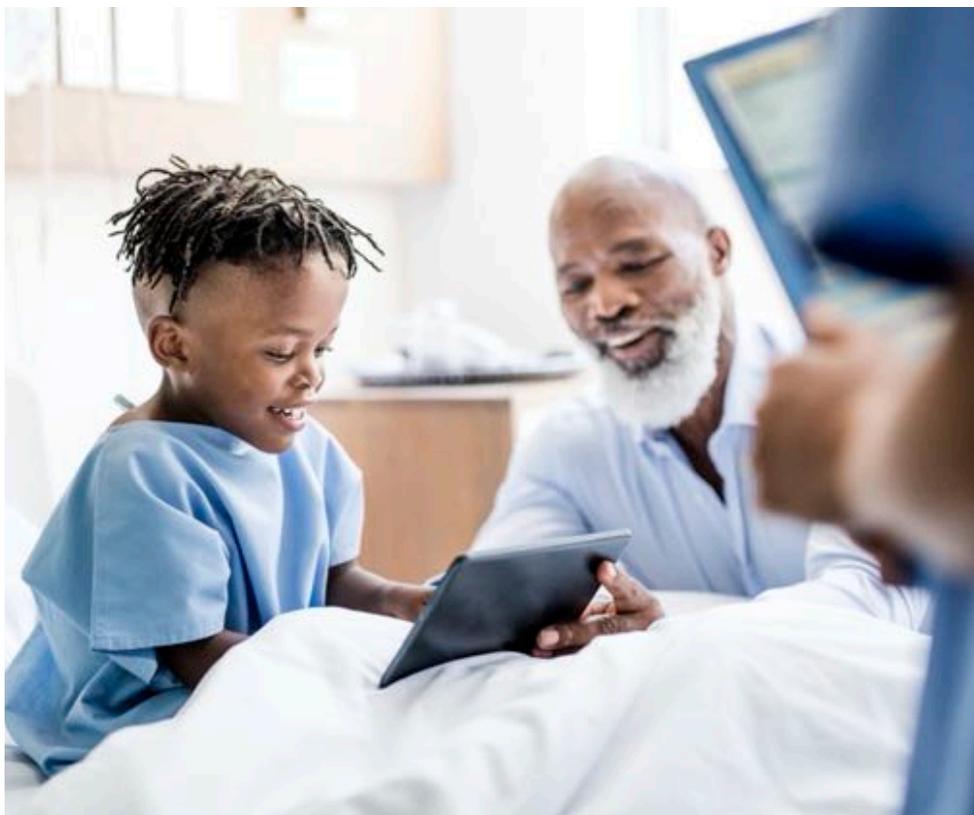
There might be lots of machines and bright lights. There is always someone there to help you.



Sometimes someone might wake you up to give you medicine or ask questions.



When you don't have to be in the ICU anymore, you will go back to a hospital room.



There are still nurses and doctors to help you but they aren't around all the time like in the ICU.



Bug says: if you need help or have a question, you can ask someone you trust.





Bug says: Ready to go home?

You might still feel a bit sick or tired when you go home. You will have to rest and might have to take more medicines.



You might have to do exercises to get stronger too.



If you start to feel sicker again, you need to tell someone.



You have a team of people working to help you get better.

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But you are part of that team too! You know your body best and you can tell others how you feel and what helps you feel better – and what doesn't.



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Bug illustrations provided by Alyssia Aguilar in loving memory of Mark Anthony II.

Learn more at [Sepsis.org](https://www.sepsis.org).

