

# Preventing Infections Helps Prevent Sepsis



## Did you get a scrape, cut, or burn?

- Wash your hands before touching it.
- Gently wash your wound with soap and water.
- Protect it with a clean bandage.
- Change the bandage if it gets wet or dirty.
- Don't pick at the scab.
- Tell an adult if it starts to hurt more, gets red or angry looking, or if it has pus.



## Are you feeling sick?

- Stay home from school and other activities.
- Cover your coughs and sneezes.
- Tell a trusted adult if you don't feel well, especially if you:
  - Vomit or have to go to the bathroom a lot.
  - Get sicker instead of better.
  - Have pain anywhere or it's getting worse.
  - Feel cold, even if you're bundled up.
  - Feel sleepier or more tired than usual.
  - See red spots or a rash on your skin.



## Are your hands dirty?

You can help protect yourself from many infections just by washing your hands.

Always wash your hands thoroughly:

- After using the bathroom.
- Before touching food (preparing it and eating it).
- After touching a pet or other animal.
- When you come home.
- Whenever they look or feel dirty.

Infections or illnesses that get worse could cause a serious condition called sepsis. This is why you should speak to an adult if you are hurt or sick. If you have questions, talk to your school nurse, doctor, or other adult in your life.

**Sepsis: It's About TIME™. Know the signs and symptoms to seek care.**

