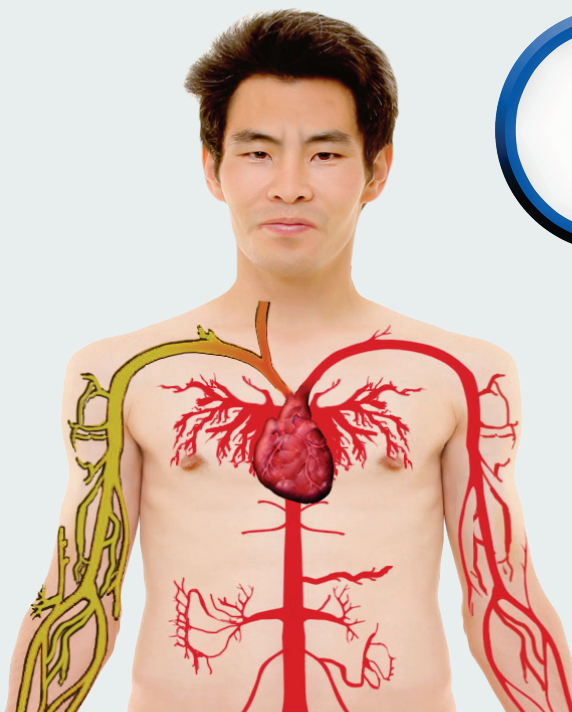




# How to avoid sepsis

An easy read guide



# Top tips on staying away from infection



Make sure you get your jabs when you need them.

Jabs are injections that help you stop getting poorly in the future.

Some examples of jabs are:

- flu
- tetanus.



If you are given any medicines, keep taking them as long as the doctor told you to, even if you feel better.

These could include antibiotics, which are medicines that help your body fight infections.

# Washing your hands



Always remember to wash your hands.

Make sure that anyone you look after knows how to wash their hands.



You should wash your hands:

- whenever they look dirty
- after going to the toilet or changing a nappy
- after sneezing or blowing your nose





- before and after you eat



- before and after touching any cuts, plasters or bandages.



Remember that even if your hands look clean, they can still carry lots of germs. So washing your hands often is important.



For more information about how to wash your hands properly, watch this video by the Purple All Stars-

[tinyurl.com/WashingHandsWell](https://tinyurl.com/WashingHandsWell)