

Preventing Sepsis After You Leave the Hospital

It can be a relief when you... or someone you care for...

is home after a hospital stay.

But while you're healing and getting better at home, you are still at risk for infections.

So it's important to avoid infections so that you don't have to go back to the hospital.

That's because an infection can quickly turn into sepsis...

an intense and deadly reaction.

Infections that can lead to sepsis include skin infections such as from a cut, a lung infection like pneumonia, a kidney infection, or a gut infection such as E. coli.

But you can do things at home to avoid infections and prevent sepsis from happening.

The best thing you can do is wash your hands.

Do it often.

Make sure to keep any wounds or scrapes clean.

Don't touch broken skin, like a cut or a sore.

And make sure you and everyone in your home are up to date on vaccines, including flu and pneumococcal vaccines.

Sepsis happens fast.

If you think you have it, get hospital care right away.

That means it's important to know the signs.

Go to the hospital immediately if you or the person you're caring for is having problems breathing...

has a fast heartbeat...

has cool, clammy skin...

or has a fever or chills.

Other symptoms can include having severe pain...

or feeling dizzy, lightheaded, or faint.

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Preventing Sepsis After You Leave the Hospital

Sepsis is serious and deadly.

But knowing how to prevent it and what to look for can help keep you safe.

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