Bug Helps You Fight Germs

Illustrated by Alyssia Aguilar in loving memory of Mark Anthony II

Sepsis.org

SEPSIS ALLIANCE

erin's campaign for kids

Bug, the friendly ladybug, is fighting infections by teaching children how to help prevent them so they can stay healthy. Alyssia Aguilar created Bug in loving memory of her son Mark Anthony II. Mark tragically lost his life to sepsis when he was only 16 days old.

Bug was inspired by the spirit of Erin "Bug" Flatley, an aspiring teacher who passed away from sepsis when she was 23 years old. After losing Erin, her father Carl Flatley, DDS, MSD, founded Sepsis Alliance. In her memory, Carl and Sepsis Alliance developed Erin's Campaign for Kids, to help combat the high incidence and mortality rates of sepsis among children.

*To learn more about Bug and infection prevention, please visit **sepsis.org.***

IN LOVING MEMORY OF MARK ANTHONY II

How to clean a cut.

We need to clean our cuts to help prevent *infection.* To clean a cut, it's important to wash it with soap and warm water and cover it with a bandage to keep out more germs. Don't scratch or pick at it!

**Washing your hands can help you stay healthy.**

It's really important to stay clean, especially to help keep germs from getting inside your body. Make sure to wash your hands with soap and warm water before you eat or after you go to the bathroom.

**Remember to cover your mouth when you cough or sneeze.**

When you cough or sneeze, make sure to **cover your mouth and nose with a tissue** to stop your germs from spreading. Then put the tissue in a wastebasket and wash your hands. If you don't have a tissue, cover your mouth and nose with the inside of your elbow.
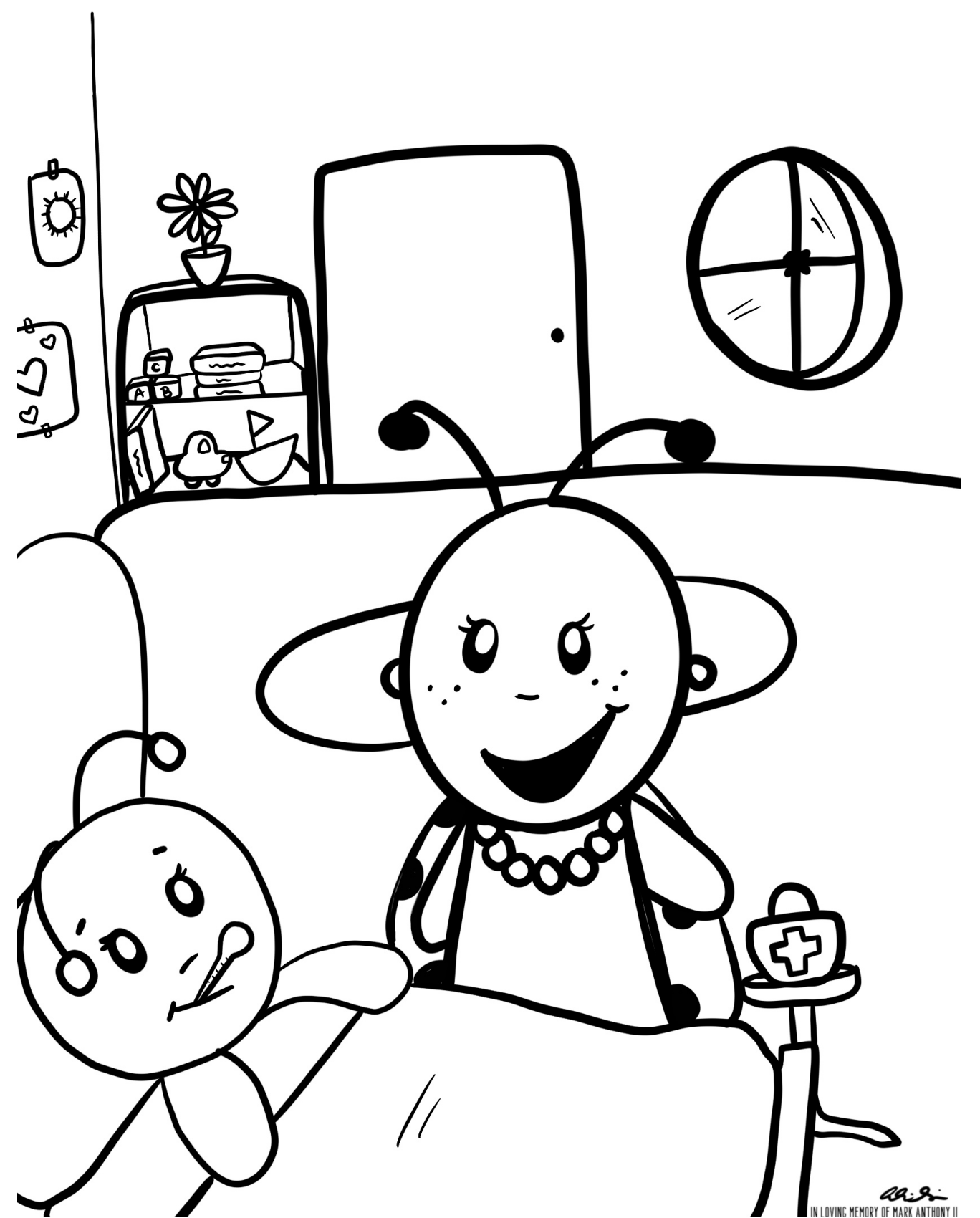
What is an infection?

Whether it's a cold, the flu, or something else, our body can sometimes get sick from an **infection**. An **infection** happens when germs get inside your body, and you might not feel well as your body fights back.
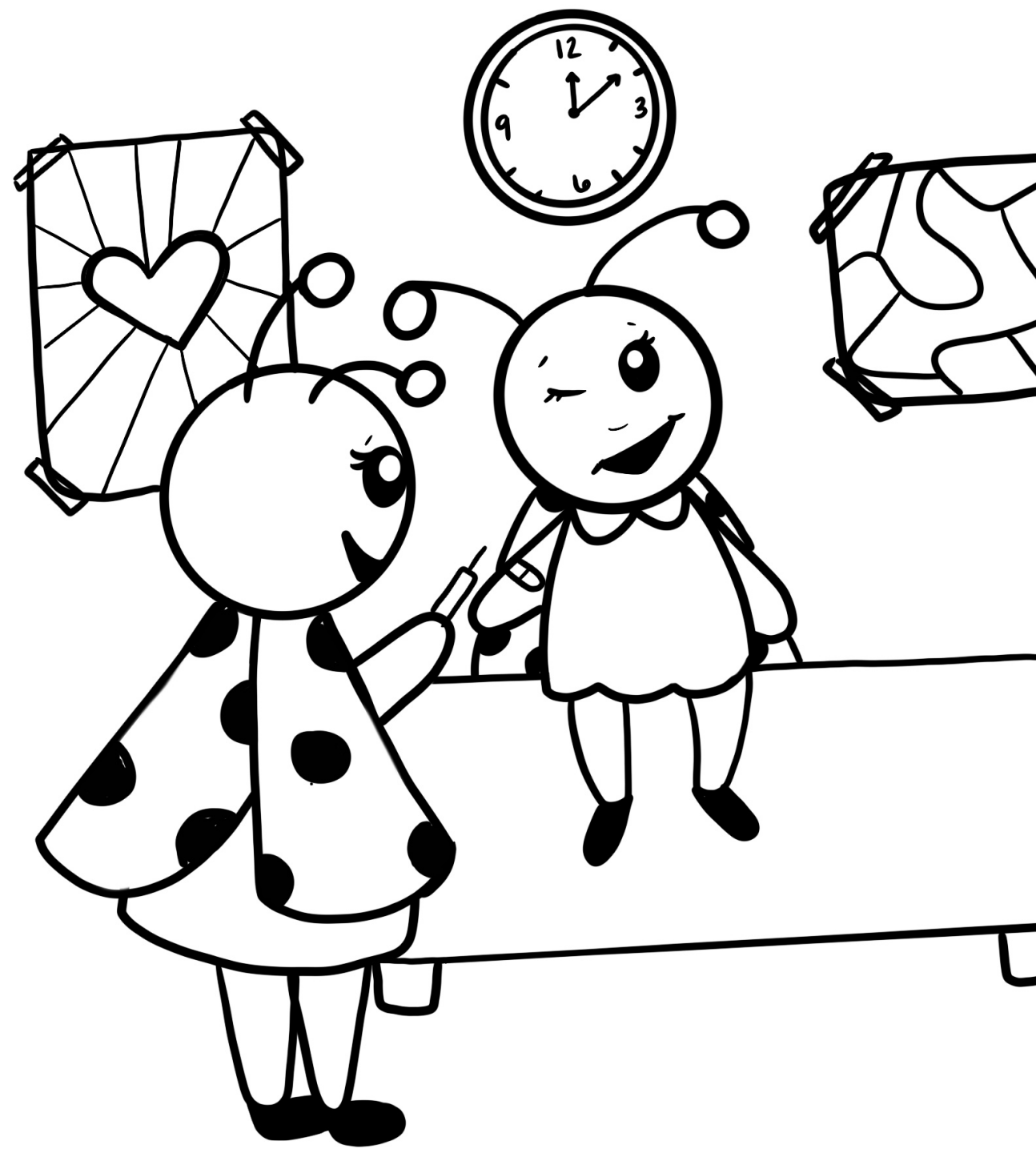
Vaccines can help prevent infections.

Shots can sometimes hurt, but shots like *vaccines* are very important for our body. *Vaccines* are medicine, usually shots, that help your body learn how to fight certain types of germs that can make you really sick. That way, your body knows how to protect you against those germs if you do get infected!
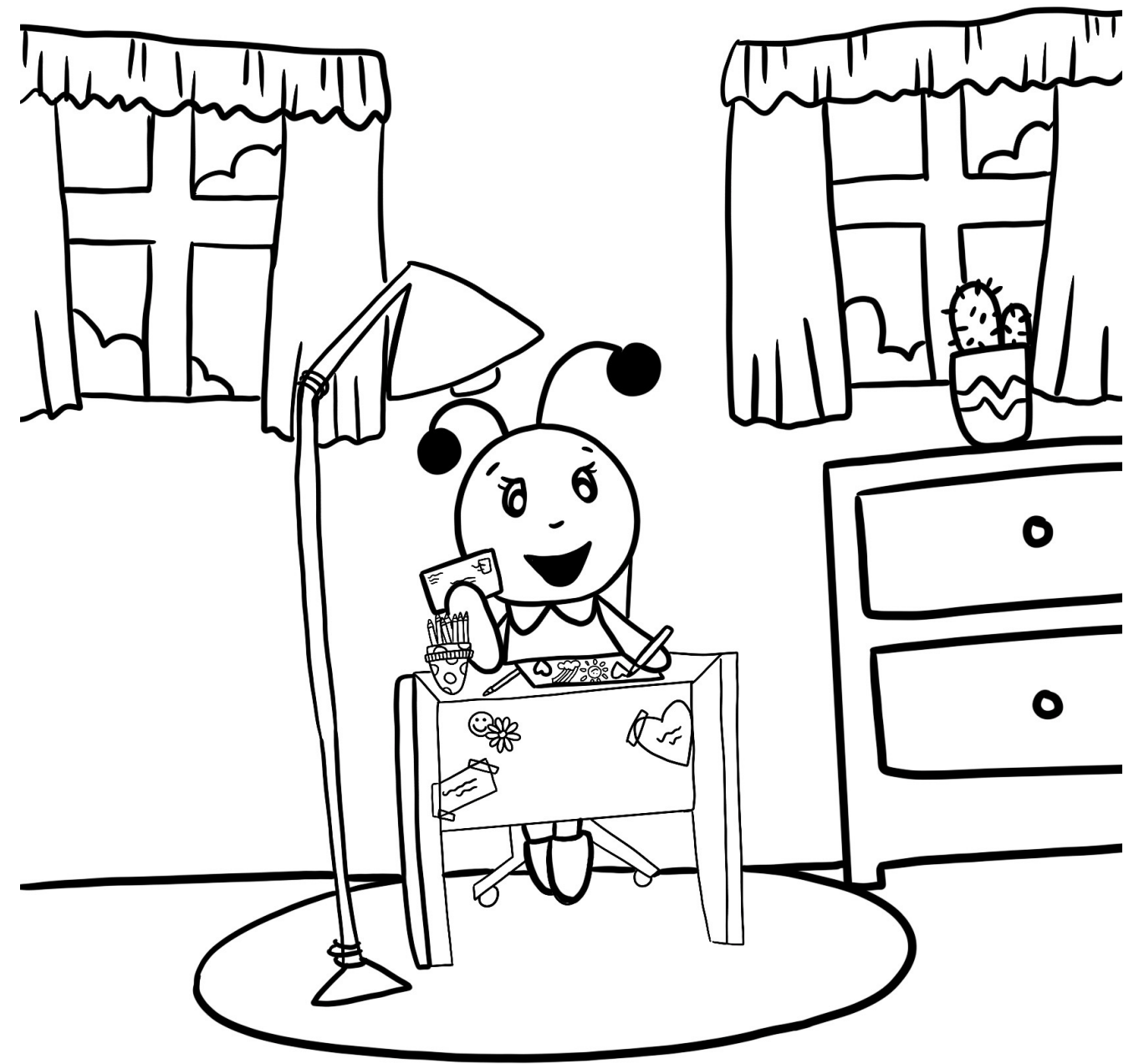
Stay home when you don't feel well.

When someone is sick, they can spread their germs to the people around them. Staying home when you are sick, or when lots of people in your community are sick is the best way to stop the germs from spreading. Staying home can be lonely. To feel better, you can draw pictures for your friends and family or write them a letter and send it to them in the mail.