



Watch Out for Infection

Bug says, "Learn how to stop infections. Talk to an adult if you feel sick."

Did you get a cut or a scrape?



We need to keep it clean to prevent infection.

- Wash your hands.
- Gently wash the cut with soap and water.
- Put a clean bandage over the cut or scrape.
- Keep it dry and clean until it is healed.
- Don't pick the scab!
- **Tell an adult if it starts to hurt more, has pus, or gets redder, bigger, angrier looking.**

Are you feeling sick? Do you feel bad?



Talk to an adult in your life about how you are feeling. Especially if:

- You're getting sicker instead of better.
- You have pain that's not going away or is getting worse.
- You feel really cold all the time.
- You feel sleepier or more tired than usual.
- You see a rash (red skin).

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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.

For more information about sepsis, please visit sepsis.org



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