



Infection Prevention Resource Guide



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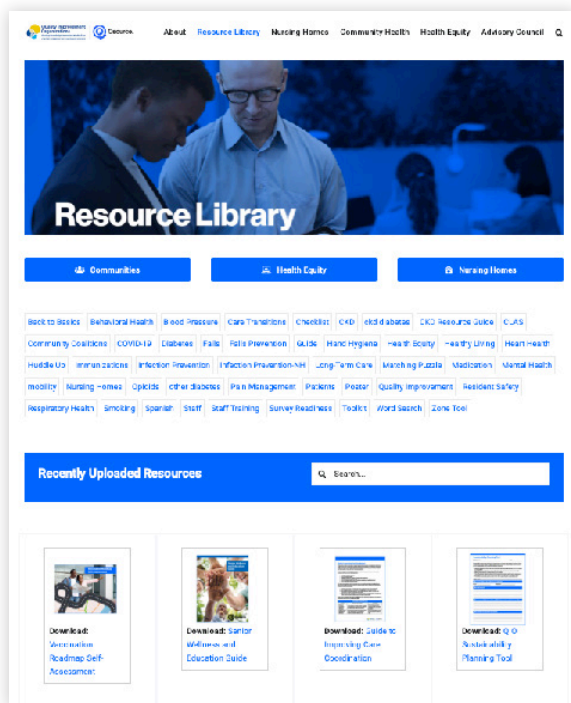
Introduction

In this Infection Prevention Resource Guide, you will find educational tools and resources to promote antibiotic awareness, importance of vaccinations, proper handwashing, and sepsis prevention and detection. We hope you enjoy this fun and interactive booklet on infection prevention. We encourage you to share these resources with family and friends.



For Additional Resources

Visit our updated resources web page. Scan the QR code to access the page on your mobile device, or click on the link below to visit the page.



qio.qsource.org/resources



General Resources



Protect Yourself and Others from Infection

10 Ways to Prevent Infection



Clean your hands often



Keep yourself hydrated and skin moisturized



Get vaccinated



Keep your environment clean



Get fresh air

Practice food safety - clean, separate, cook, and chill



Stay home if you are sick



Cover your coughs and sneezes



Take your MEDS (meditate, exercise, diet, and sleep)



Keep personal items to yourself (e.g., razors, toothbrushes, cups/drinks, lip gloss/balm, etc.)






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Quick Patient Guide:

How To Choose Between The Doctor's Office, Urgent Care and the Emergency Room (ER)

When you're feeling sick or have an injury, there are several places you can go for medical care: a doctor's office, an urgent care center, a retail health clinic or the emergency room. Here's a quick guide to help you know where to go.

 <h4>Doctor's Office</h4> <p>For non-emergency situations</p> <ul style="list-style-type: none">• Your doctor knows your health history, including medications and chronic conditions.• Lower co-pay than a trip to the emergency room• Shorter wait times• Your doctor can refer you to a specialist or other medical professionals.	 <h4>Urgent Care or Retail Health Clinic</h4> <p>If you can't reach your doctor or need care outside of regular office hours</p> <ul style="list-style-type: none">• Walk-in clinics found in many large pharmacies and retail stores• Treat simple conditions, such as cold, flu, ear infections and skin conditions• Staffed by nurse practitioners and physician assistants• Physicians on staff can provide care for a greater range of conditions, including performing x-rays.	 <h4>Emergency Room (ER)</h4> <p>For urgent, acute and life-threatening conditions</p> <ul style="list-style-type: none">• If you have a health emergency, call 911 or go to the emergency room right away.• Do not visit the ER for routine care or minor illness. One of the other options will save you time and money and clear the way for patients in need of emergency treatment..
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This guide is for educational purposes only. Always contact your doctor with any questions related to your healthcare.

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Guía Para el Paciente:

Cómo Elegir Entre un Consultorio Médico, un Centro de Atención de Urgencia, una Clínica de Salud o la Sala de Emergencias (ER).

Cuando se siente enfermo o tiene una lesión, hay varios lugares a los que puede acudir para recibir atención médica: un consultorio médico, un centro de atención de urgencia, una clínica de salud o la sala de emergencias. Aquí hay una guía rápida para ayudarlo a saber a dónde ir.



Consultorio Médico

Para situaciones que no son de emergencia

- Su médico conoce su historial de salud, incluidos los medicamentos y las afecciones crónicas
- El costo es más bajo que ir a la sala de emergencias
- Tiempos de espera más cortos
- Su médico puede referirlo a un especialista u otro médico
- Póngase en contacto con su centro de diálisis antes de ir al hospital o sala de emergencias



Atención de Urgencia o Clínica de Salud

Si no puede comunicarse con su médico o necesita atención fuera de horas de oficina

- Clínicas ambulatorias que se encuentran en muchas farmacias grandes y tiendas
- Tratar afecciones simples, como resfriado, gripe, infecciones del oído y afecciones de la piel
- Con personal de enfermería y asistentes médicos
- Los médicos pueden brindar atención para una mayor variedad de condiciones, incluida la realización de radiografías



Sala de Emergencias (ER)

Para casos urgentes, agudos y condiciones que amenazan la vida

- Si tiene una emergencia de salud, llame 911 o vaya a la sala de emergencias inmediatamente
- No visite la sala de emergencias para recibir cuidado de rutina o enfermedades menos severas. Una de las otras opciones le ahorrarán tiempo y dinero y despejan el camino para pacientes que necesitan tratamiento urgente
- Comuníquese con su centro de diálisis después que le den de alta del hospital o sala de emergencia y para programar cualquier cambio de tratamientos de diálisis.

Esta guía es solo para fines educativos. Siempre comuníquese con su médico con cualquier pregunta relacionada con su atención médica.

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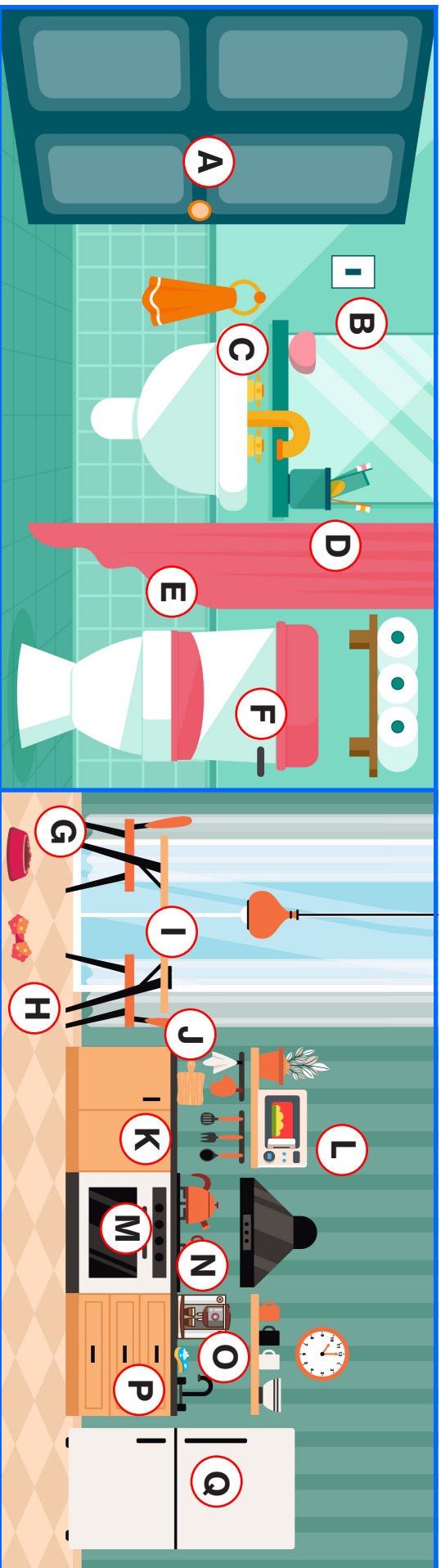
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17 Germiest Things in Your Home

What do you think is the germiest item in your home? In this activity, take a look at the images below. Each image has a letter next to an item within a typical household that is considered “germy”. Rank the items from most to least (1-17) germs. Number 17 has been done for you. Check out the answer key on the next page as well as germ counts and recommended cleaning methods.



List of Household Items

- A. Bathroom Doorknob
- B. Bathroom Light Switch
- C. Bathroom Faucet Handle
- D. Toothbrush Holder
- E. Toilet Seat
- F. Toilet Handle
- G. Pet Bowl
- H. Remote Control
- J. Cutting Boards
- K. Kitchen Counters
- L. Microwave Handle
- M. Stove Knobs
- N. Coffee Reservoir
- O. Dish Sponge
- P. Kitchen Sink
- Q. Refrigerator Handle

Ranked Items

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. I. Remote Control

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Object (Rank in Descending Order)	Germ Count	Recommended Cleaning Method
17. Remote Control	57 CFU per 10 sq. cm	Use an antibacterial wipe or spray an antibacterial cleaner on a cotton pad or swab to rid the controller of contaminants. Do not spray directly onto the remote control.
16. Refrigerator Handle	97 CFU per 10 sq. cm	Clean with an antibacterial surface cleanser.
15. Toilet Handle	107 CFU per 10 sq. cm	Use a disinfectant wipe to scrub it down before allowing it to air dry.
14. Microwave Handle	202 CFU per 10 sq. cm	Use an antibacterial cleanser.
13. Bathroom Light Switch	219 CFU per 10 sq. cm	Apply antibacterial cleaner to a cloth, cotton swab, or cotton pad and wipe it down. Do not spray directly onto the light switch.
12. Bathroom Doorknob	257 CFU per 10 sq. cm	Most metal, glass, and wood door handles can be sanitized with antibacterial sprays.
11. Toilet Seat	515 CFU per 10 sq. cm	Use a disinfectant spray on both the exterior and interior sides of the toilet seat once a week. After letting it sit for 10 minutes, use a clean cloth to wipe away any condensation that remains.
10. Cutting Boards	713 CFU per 10 sq. cm	If your plastic or glass cutting boards are dishwasher safe, feel free to clean them using the sanitize cycle. If they are wooden, it is recommended to use white vinegar or three percent hydrogen peroxide to sanitize them.
9. Stove Knobs	992 CFU per 10 sq. cm	Spray on an antibacterial cleaner and allow it to dry as per manufacturer instructions. Also remove the knobs and clean their underside and the area where they attach to the stove.
8. Kitchen Counters	4,590 CFU per 10 sq. cm	Hot water and dish soap can help clean visible debris (and some bacteria) off your counters. To sterilize them, use a product specifically designed for your type of counter.
7. Pet Toy	14,121 CFU per 10 sq. cm	Place soft toys in the washing machine on hot to rid them of bacteria; most rubber toys can be put in the dishwasher. Do not spray cleaning products directly on your pet's toys or you might inadvertently harm them.
6. Bathroom Faucet Handle	17,976 CFU per 10 sq. cm	Spray on an antibacterial bathroom cleanser and allow it to dry thoroughly.
5. Coffee Reservoir	548,270 CFU per 10 sq. cm	Do a monthly vinegar rinse through the machine, followed by a hot water wash, and run any dishwasher-safe parts through a high heat wash cycle.
4. Pet Bowl	1,476,612 CFU per 10 sq. cm	Wipe up any visible grime with a paper towel or clean cloth and then put them in the dishwasher for a high heat wash.
3. Toothbrush Holder	2,465,876 CFU per 10 sq. cm	Wipe it out and pop it in the top rack of your dishwasher for a hot water clean.
2. Kitchen Sink	11,381,285 CFU per 10 sq. cm	Clean up any visible debris and wipe it with a bleach solution or spray an antibacterial cleaner on it. Follow the manufacturer's instructions regarding how long it should remain on the surface before wiping it up.
1. Dish Sponge	362,631,038 CFU per g	Replace your sponge frequently. You may also wash your sponge using bleach and hot water in your washing machine.



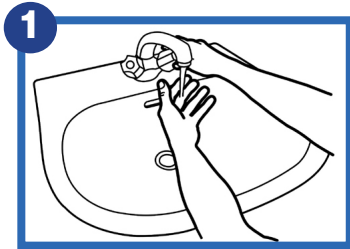
Handwashing

Handwashing

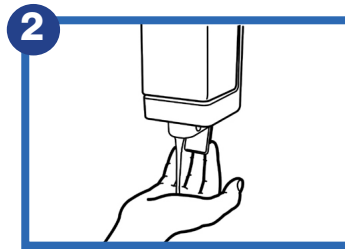
A Step-by-Step Guide



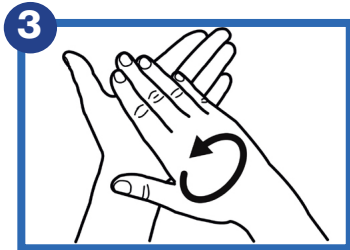
Follow the handwashing steps below to help protect you from getting sick and prevent the spread of germs to others.



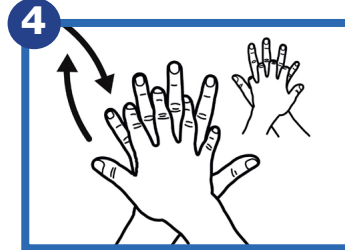
1 Wet hands with water.



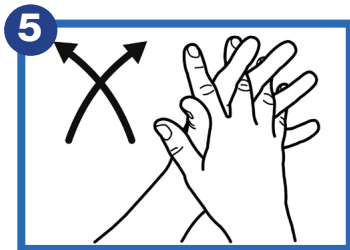
2 Apply enough soap to cover all hand surfaces.



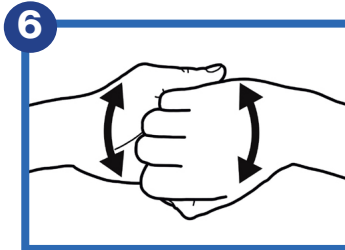
3 Rub hands palm to palm.



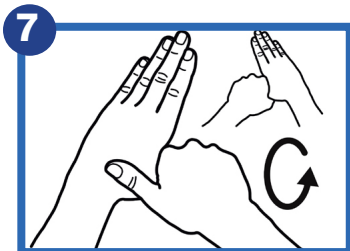
4 Right palm over top of the left hand with interlaced fingers and vice versa.



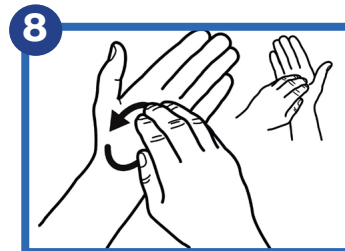
5 Palm to palm with fingers interlaced.



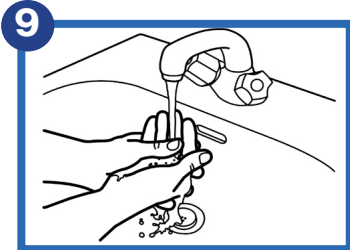
6 Backs of fingers to opposing palms with fingers interlocked.



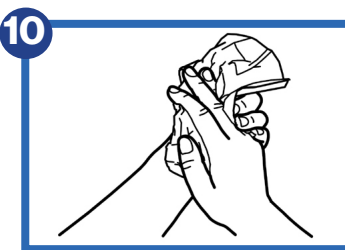
7 Rotational rubbing of left thumb clasped in right palm and vice versa.



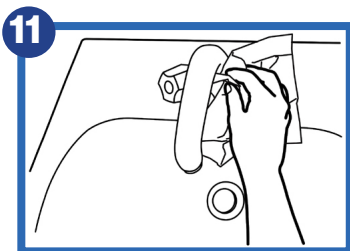
8 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa.



9 Rinse hands with water.



10 Dry hands thoroughly with a single use towel.



11 Use towel to turn off faucet.

The entire handwashing process should take approximately **40-60 seconds**.

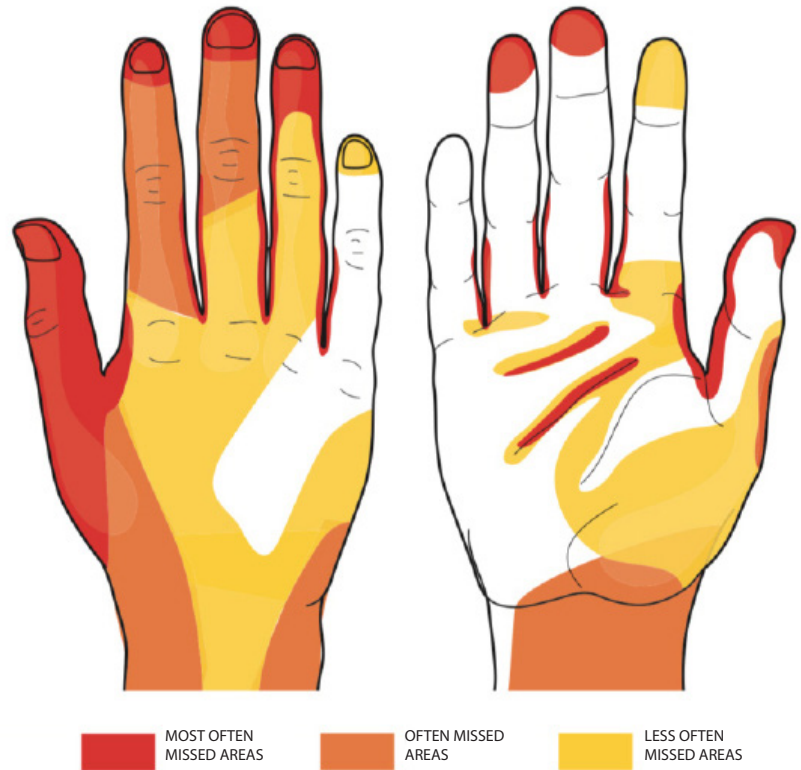
Areas Most Often Missed During Hand Washing

Scrub your hands for at least **20 seconds**, the time it takes to hum the 'Happy Birthday' song from beginning to end twice.

The time it takes is less important than making sure you clean **all areas** of your hands.

These areas are most often missed while washing:

- Thumbs
- Fingertips
- Between fingers
- Under fingernails
- Wrists



Reference: Taylor, L.J. An Evaluation of handwashing techniques. *Nursing Times*. January 1978

Additional Resources:

[How to Handwash](http://who.int) (who.int)

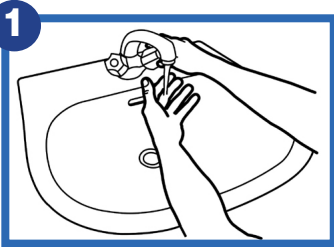
[Handwashing in Communities: Clean Hands Save Lives](http://cdc.gov) (CDC.gov)

Lavado de manos

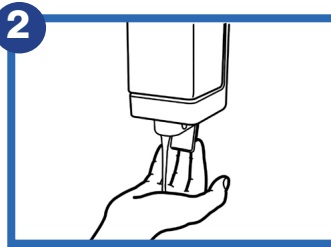
Guía paso a paso



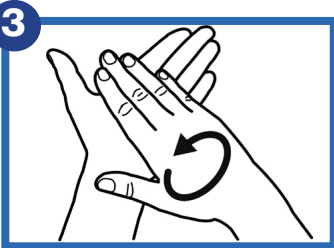
Siga los siguientes pasos para lavarse las manos y evitar enfermarse y contagiar a los demás.



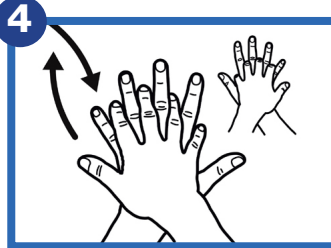
1 Mójese las manos con agua.



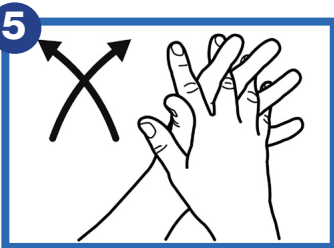
2 Aplique suficiente jabón para cubrir todas las superficies de las manos.



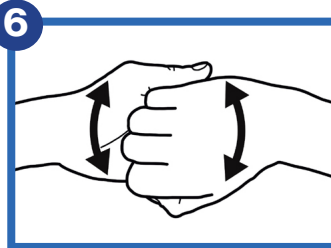
3 Frote las manos palma con palma.



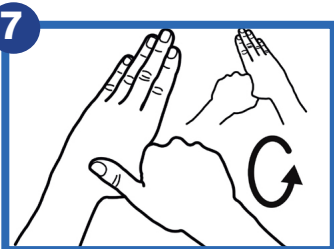
4 La palma derecha sobre la parte superior de la mano izquierda con los dedos entrelazados y viceversa.



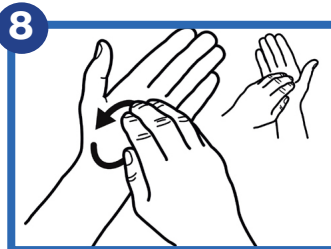
5 Palma con palma con los dedos entrelazados.



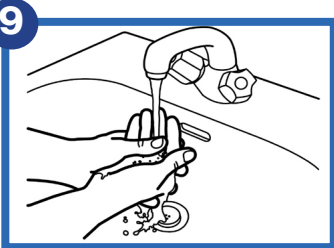
6 El dorso de los dedos a las palmas opuestas con los dedos entrelazados.



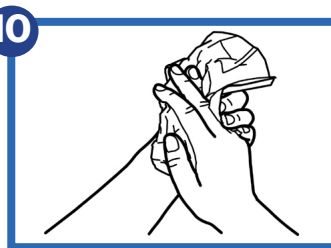
7 Rotación del pulgar izquierdo en la palma de la mano derecha y viceversa.



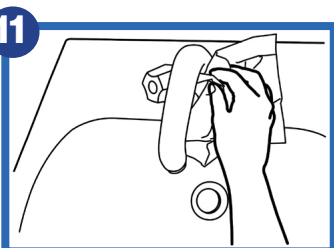
8 Frotamiento rotacional, hacia delante y hacia atrás con los dedos de la mano derecha entrelazados en la palma de la mano izquierda y viceversa.



9 Enjuáguese las manos con agua.



10 Séquese bien las manos con una toalla de un solo uso.



11 Utilice una toalla para cerrar el grifo.

El proceso completo de lavado de manos debe durar aproximadamente **40 a 60 segundos**.

Zonas que se omiten con más frecuencia al lavarse las manos



Frótese las manos durante al menos **20 segundos**, el tiempo que se tarda en tararear dos veces la canción “Cumpleaños feliz” de principio a fin.

El tiempo que tarde es menos importante que asegurarse de limpiar **todas las zonas de** manos.

Estas zonas suelen pasarse por alto al lavarse:

- Pulgares
- Dedos
- Entre los dedos
- Bajo las uñas
- Muñecas



ÁREAS QUE SE PASAN POR ALTO CON MÁS FRECUENCIA ÁREAS QUE A MENUDO SE PASAN POR ALTO ÁREAS QUE SE PASAN POR ALTO CON MENOS FRECUENCIA

Referencia: Taylor, LJ. An Evaluation of handwashing techniques (Evaluación de las técnicas de lavado de manos). *Nursing Times*. Enero de 1978

Recursos adicionales:

[Cómo lavarse las manos \(who.int\)](http://who.int)

[Lavarse las manos en las comunidades: las manos limpias salvan vidas \(CDC.gov\)](http://cdc.gov)

Este material ha sido elaborado por Qsource, una red de contratistas para la mejora de la calidad y la innovación bajo contrato con los Centros de Servicios de Medicare y Medicaid (Centers for Medicare & Medicaid Services, CMS), una agencia del Departamento de Salud y Servicios Humanos (Department of Health and Human Services, HHS) de EE. UU. Las opiniones expresadas en este documento no reflejan necesariamente los puntos de vista oficiales ni la política de los CMS ni el HHS, y cualquier referencia a un producto o entidad específica en este documento no constituye la aprobación de ese producto ni entidad por los CMS ni el HHS. 23.QIO.CLIN6.03.024



Handwashing Word Search

Germs can spread from person to person or from surfaces to people when you:

- Touch your eyes, nose, and mouth with unwashed hands;
- Prepare or eat food and drinks with unwashed hands;
- Touch surfaces or objects that have germs on them; and/or
- Blow your nose, cough, or sneeze into hands and then touch other people's hands or common objects.

Washing hands or using hand sanitizer when soap and water are not available can keep you healthy and prevent the spread of respiratory and diarrheal infections.



Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

R	S	G	D	J	F	C	K	O	S	L	J	L	D	L	I	B	Z	Q	H	G	Z	O
L	G	C	Z	O	A	D	P	S	E	I	E	T	W	W	W	E	J	I	T	B	D	Q
E	Q	W	R	J	O	J	L	F	O	E	I	P	H	A	A	E	X	O	N	E	H	C
H	G	R	U	U	Z	M	L	Z	H	E	U	Q	I	Y	F	T	B	F	D	O	P	I
J	Z	R	L	M	B	O	T	S	A	G	E	R	M	S	C	U	E	A	L	P	A	W
C	S	E	H	A	P	J	R	D	M	O	T	H	U	M	B	S	N	R	C	A	G	R
F	T	Z	A	I	J	A	L	T	F	I	N	G	E	R	T	I	P	S	C	P	R	I
U	T	I	O	W	G	L	D	M	Y	T	O	W	E	L	T	R	E	L	T	T	E	S
Q	G	T	L	R	B	D	D	L	R	S	L	I	A	N	R	C	C	X	A	M	H	T
C	R	I	T	T	S	D	A	A	S	W	M	O	S	X	Y	T	H	I	K	C	T	S
T	N	N	Q	A	R	R	Q	P	J	O	A	F	D	U	I	S	Y	R	Y	S	A	W
R	X	A	G	S	K	Y	Z	U	C	V	A	W	N	V	W	J	L	H	I	Q	L	N
I	R	S	Q	A	M	E	A	X	R	J	Z	P	A	A	N	T	U	R	G	N	W	Z
D	S	X	S	T	V	F	O	L	X	A	U	G	H	V	P	B	F	R	T	Z	S	O
K	Q	C	N	T	A	M	N	A	E	L	C	T	T	C	R	S	P	V	B	G	E	E
N	T	I	N	N	N	B	O	F	G	R	C	P	Z	V	U	S	Z	Z	J	E	C	H

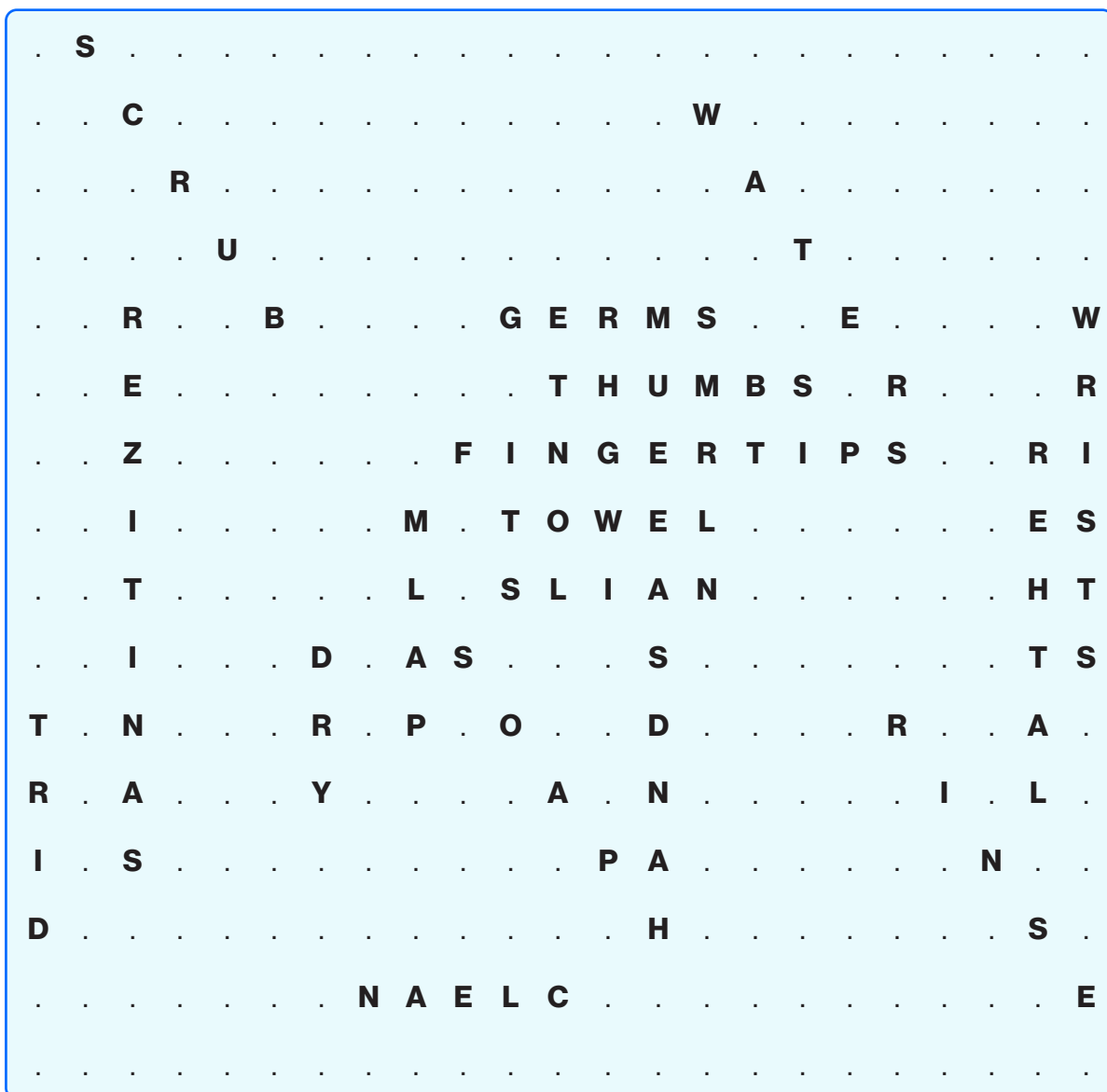
- Clean
- Dirt
- Dry
- Germs
- Hands
- Fingertips
- Lather
- Nails
- Palm
- Rinse
- Sanitizer
- Scrub
- Soap
- Thumbs
- Water
- Wrists
- Towel

Key Times to Wash Hands

You can help yourself and your loved ones stay healthy by washing your hands often, especially during these key times when you are likely to get and spread germs:

- Before, during, and after preparing food;
- Before and after eating food;
- Before and after caring for someone at home who is sick with vomiting or diarrhea;
- Before and after treating a cut or wound;
- After using the toilet;
- After changing diapers or cleaning up a child who has used the toilet;
- After blowing your nose, coughing, or sneezing;
- After touching an animal, animal feed, or animal waste;
- After handling pet food or pet treats; and
- After touching garbage.

For more information, visit the [CDC website about handwashing](#).





Immunizations



10 Reasons To Get Vaccinated

✓ **Vaccine-preventable diseases have not gone away.**

The viruses and bacteria that cause illness and death still exist and can be passed on to those who are not protected by vaccines. While many diseases are not common in the US, global travel makes it easy for diseases to spread.

✓ **Vaccines will help keep you healthy.**

The Centers for Disease Control and Prevention (CDC) recommends vaccinations throughout your life to protect against many infections. When you skip vaccines, you leave yourself vulnerable to illnesses such as shingles, pneumococcal disease, flu, human papillomavirus (HPV) and hepatitis B, both leading causes of cancer.

✓ **Vaccines are as important to your overall health as diet and exercise.**

Like eating healthy foods, exercising, and getting regular check-ups, vaccines play a vital role in keeping you healthy. Vaccines are one of the most convenient and safest preventive care measures available.

✓ **Vaccination can mean the difference between life and death.**

Vaccine-preventable infections can be deadly. Every year in the US, prior to the COVID-19 pandemic, approximately 50,000 adults died from vaccine-preventable diseases.

✓ **Vaccines are safe.**

The US has a robust approval process to ensure that all licensed vaccines are safe. Potential side effects associated with vaccines are uncommon and much less severe than the diseases they prevent.

✓ **Vaccines will not cause the diseases they are designed to prevent.**

Vaccines contain either killed or weakened viruses, making it impossible to get the disease from the vaccine.

✓ **Young and healthy people can get very sick, too.**

Infants and older adults are at increased risk for serious infections and complications, but vaccine-preventable diseases can strike anyone. If you are young and healthy, getting vaccinated can help you stay that way.

✓ **Vaccine-preventable diseases are expensive.**

Diseases not only have a direct impact on individuals and their families, but also carry a high price tag for society as a whole, exceeding \$10 billion per year. An average flu illness can last up to 15 days, typically with five or six missed work or school days. Adults who get hepatitis A lose an average of one month of work.

✓ **When you get sick, your children, grandchildren, and parents may be at risk, too.**

Adults are the most common source of pertussis (whooping cough) infection in infants which can be deadly for babies. When you get vaccinated, you are protecting yourself and your family as well as those in your community who may not be able to be vaccinated.

✓ **Your family and co-workers need you.**

In the US each year, millions of adults get sick from vaccine-preventable diseases, causing them to miss work and leaving them unable to care for those who depend on them, including their children and/or aging parents.

Source: www.nfid.org/immunization/10-reasons-to-get-vaccinated/



10 Razones para Vacunarte

✓ **Las vacunas previenen enfermedades que no se han ido.**

Los virus y bacteria que causan enfermedades y muertes aún existen y pueden transmitirse a quienes no están protegidas por las vacunas. Aunque muchas enfermedades no son comunes en los EE.UU, los viajes globales hacen que las enfermedades se transmitan más fácil.

✓ **Las vacunas te ayudan a mantenerte saludable.**

Los Centros para Control y Prevención de Enfermedades (CDC) recomiendan vacunaciones a lo largo de tu vida para protegerte de muchas infecciones. Cuando te saltas las vacunas, te vuelves vulnerable a enfermedades como la culebrilla, enfermedad del neumococo, gripe, virus del papiloma humano (VPH) y hepatitis B, ambas causas principales de cáncer.

✓ **Las vacunas son tan importantes para tu salud general que la dieta y el ejercicio.**

Al igual que comer alimentos saludables, hacer ejercicio, y hacerse chequeos regulares, las vacunas juegan un papel vital para mantenerte saludable. Las vacunas son una de las medidas de cuidado preventivo más convenientes y seguras disponibles.

✓ **Las vacunas pueden significar la diferencia entre la vida y la muerte.**

La vacunación previene infecciones que pueden ser mortales. Cada año en los EE.UU, antes de la pandemia de COVID-19, aproximadamente 50,000 adultos morían de enfermedades que las vacunas pueden prevenir.

✓ **Las vacunas son seguras.**

Los EE.UU tiene un proceso de aprobación robusto para garantizar que todas la vacunas autorizadas sean seguras. Los posibles efectos secundarios asociados con las vacunas no son común y mucho menos graves que las enfermedades que previenen.

✓ **Las vacunas no causan enfermedades que están diseñadas a prevenir.**

Las vacunas contienen virus muertos o debilitados, lo que hace imposible contraer la enfermedad a través de la vacuna.

✓ **Personas jóvenes y saludables pueden enfermarse también.**

Los bebés y adultos de alta edad corren un mayor riesgo de contraer infecciones serias y tener complicaciones, pero las enfermedades prevenibles por vacunación pueden afectar a cualquiera. Si eres joven y saludable, vacunarte puede ayudarte seguir así.

✓ **Enfermedades que son prevenibles por vacunación son caras.**

Enfermedades no solo tienen un impacto directo en los individuales y sus familias, sino que también cargan un alto precio para la sociedad en su conjunto, que supera los de \$10 mil millones al año. Una enfermedad de gripe promedio puede durar hasta 15 días, típicamente con cinco o seis días de trabajo o escuela perdidos. Adultos que contraen la hepatitis A pierden un promedio de un mes de trabajo.

✓ **Cuando te enfermas, tus hijos, nietos, y padres pueden correr riesgo también.**

Los adultos son la fuente más común de infección por tosferina en los bebés, que puede ser mortal para los bebés. Cuando te vacunas, te están protegiendo a ti y a tu familia, igual que las personas en tu comunidad que tal vez no puedan vacunarse.

✓ **Tu familia y compañeros de trabajo te necesitan.**

En los EE.UU cada año, millones de adultos se enferman de enfermedades prevenibles por vacunación, lo que les hace faltar al trabajo y les impide cuidar a quienes dependen de ellos, incluyendo sus hijos y/o padres ancianos.

Fuente: www.nfid.org/immunization/10-reasons-to-get-vaccinated/

The Vaccine

Triple Play



COVID-19 Vaccine

- CDC recommends that everyone ages six months and older get the updated 2024-2025 COVID-19 vaccine to protect against serious illness.
- COVID-19 vaccines are effective at preventing severe illness, hospitalization, and death; and also reducing your chance of suffering the effects of Long COVID.
- Getting vaccinated is especially important for people at highest risk for severe illness, including:
 - Older Adults
 - People who have certain health conditions or a weakened immune system
 - People who are pregnant
 - People who are residing in congregate living

CDC will continue to update COVID-19 vaccine recommendations as needed.

CDC. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Annual Flu Vaccine

- Flu is a contagious respiratory disease that can cause severe illness, hospitalization, and even death.
- Those at higher risk of serious complications from flu include:
 - Seniors 65 years of age and over.
 - People of any age with certain chronic medical conditions, such as asthma, diabetes, or heart disease.
 - Pregnant women and children under five years of age.
- Getting an annual flu vaccine is the best way to protect yourself and your loved ones from flu.

CDC. Flu—www.cdc.gov/flu/prevent/whoshouldvax.htm



Pneumonia Vaccine

- Pneumococcal disease (pneumonia) is a name for any infection caused by bacteria called *Streptococcus pneumoniae* or pneumococcus.
- If you are 65 years of age or older, or 19–64 years of age with certain medical conditions or other risk factors, you should receive a pneumonia vaccine.
- Ask your healthcare provider which pneumonia vaccine is right for you.

CDC. Pneumococcal—www.cdc.gov/vaccines/vpd/pneumo/index.html

www.qio.qsource.org

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23.QIO.CLIN610.070

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La Vacune

Triple



Vacuna contra la COVID-19

- Los Centros para el Control y la Prevención de Enfermedades (Centers for Disease Control and Prevention, CDC) recomiendan que todas las personas a partir de los seis meses de edad reciban la vacuna contra la COVID-19 actualizada 2024-2025 para protegerse contra enfermedades graves.
- Las vacunas contra la COVID-19 son eficaces para prevenir enfermedades graves, hospitalizaciones y la muerte; y también para reducir la probabilidad de sufrir los efectos de la COVID a largo plazo.
- Vacunarse es especialmente importante para las personas con mayor riesgo de contraer enfermedades graves, entre ellas:
 - Personas mayores
 - Personas con determinadas afecciones o un sistema inmunitario debilitado
 - Personas embarazadas
 - Personas que viven en residencias colectivas

Los CDC seguirán actualizando las recomendaciones sobre la vacuna contra la COVID-19 según sea necesario.
CDC. <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/stay-up-to-date.html>



Vacuna anual contra la gripe

- La gripe es una enfermedad respiratoria contagiosa que puede causar enfermedades graves, hospitalización e incluso la muerte.
- Entre las personas con mayor riesgo de sufrir complicaciones graves por la gripe se incluyen:
 - Mayores de 65 años.
 - Personas de cualquier edad con determinadas afecciones médicas crónicas, como asma, diabetes o cardiopatías
 - Mujeres embarazadas y niños menores de cinco años
- Vacunarse contra la gripe todos los años es la mejor manera de protegerse y proteger a los suyos de la gripe.

CDC. Gripe: www.cdc.gov/flu/prevent/whoshouldvax.htm



Vacuna contra la neumonía

- Se denomina enfermedad neumocócica (neumonía) a cualquier infección causada por una bacteria denominada *Streptococcus pneumoniae* o neumococo.
- Si tiene 65 años o más, o entre 19 y 64 años con determinadas afecciones médicas u otros factores de riesgo, debe vacunarse contra la neumonía.
- Pregunte a su profesional médico qué vacuna contra la neumonía es adecuada para usted.

CDC. Neumococo: www.cdc.gov/vaccines/vpd/pneumo/index.html

www.qio.qsource.org

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Pneumonia Zone Tool

ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No chest pain, persistent and /or increased coughing, feeling tired, wheezing/chest tightness or shortness of breath during the day or night.
- No decrease in activity level and can maintain a normal activity level

WARNING ZONE

Call your doctor if you have:

- Sputum (phlegm) that increases in amount or changes in color or becomes thicker than usual
- Increased coughing or wheezing
- Shortness of breath with activity
- Fever of 100.5°F oral or 99.5°F under the arm
- The need to sleep sitting up or to use more pillows to help elevate your head and chest to help you breathe while sleeping

MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you have:

- Shortness of breath that does not go away
- Change in the color of your skin, nails or lips that turn gray or blue
- Chest pain that does not go away
- Increased or irregular heart beat
- Feeling confused or disoriented
- A fever of 100.5°F oral or 99.5°F under the arm, shivering or feeling very cold

Note: This list does not include all possible symptoms. Please call your doctor if you are concerned about any other symptoms you are experiencing.



Pneumonia Zone Tool

Protect Yourself And Others

Wash hands frequently for at least 20 seconds with soap and water. If soap and water is not available use hand sanitizer.

Cover your mouth and nose with a mask or a clean scarf when you go outside.

Practice social distancing and stay at least six feet apart.

Cover your sneeze or cough.

REMEMBER:

- If you receive a prescription for antibiotics, finish all of the medication, per orders, even if you feel better.
- Keep your doctor appointments.
- Take all the medications you are taking to your doctor appointments.
- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.

Zona Segura



Esta es la zona de seguridad si usted:

- ✓ Respira fácilmente
- ✓ No tiene fiebre
- ✓ No tiene dolor de pecho, tos persistente o más fuerte, cansancio, sibilancia, opresión en el pecho o falta de aliento durante el día o la noche
- ✓ No ha reducido su actividad y puede mantenerla normal

Zona de Advertencia



Llame al médico si tiene:

- ✓ Espujo (flema) que aumenta en cantidad, cambia de color o se vuelve más espeso de lo normal
- ✓ Aumento de la tos o de la sibilancia (silbido agudo al respirar)
- ✓ Falta de aliento con la actividad
- ✓ Fiebre de 100.5 grados Fahrenheit oral o 99.5 grados Fahrenheit en la axila
- ✓ La necesidad de dormir sentado o usar más almohadas para elevarse la cabeza y el pecho para poder respirar mejor durante el sueño

Zona de Alerta Médica



Vaya a la sala de emergencias o llame al 911 si presenta:

- ✓ Falta de aliento que no desaparece
- ✓ Cambio en el color de la piel, uñas o labios a gris o azul
- ✓ Dolor de pecho que no desaparece
- ✓ Latidos cardíacos acelerados o irregulares
- ✓ Confusión o desorientación
- ✓ Una fiebre de 100.5 grados Fahrenheit oral o 99.5 grados Fahrenheit en la axila, escalofríos o mucho frío

Nota: Esta lista no incluye todos los síntomas posibles. Llame al médico si le preocupa algún otro síntoma que tiene.

Flu Zone Tool

ALL CLEAR ZONE

This is the safety zone if you have:

- Easy breathing
- No fever
- No coughing, wheezing/chest tightness or shortness of breath during the day or night
- No decrease in activity level and you can maintain a normal activity level

WARNING ZONE

Call your doctor if you have:

- Fever or are feeling feverish or have chills
- Cough
- Sore throat
- Shortness of breath
- Fatigue (tiredness)
- Runny or stuffy nose
- Muscle pain or body aches
- Headache
- Some people may have vomiting or diarrhea, though it is more common in children than adults.

MEDICAL ALERT ZONE

Go to the Emergency Room or call 911 if you:

- Have a very hard time breathing or gasping for breath
- Feel pain or pressure in your chest or abdomen that doesn't go away
- Feel constantly dizzy, confused or you are not able to stay awake
- Have seizures
- Are not urinating
- Have severe muscle pain
- Feel very weak or unsteady
- Have blue-to-gray colored lips, face or nails
- Have a fever or cough that improves and then returns or gets worse
- Experience worsening of chronic medical conditions

Note: This list does not list all possible symptoms.

Please call your doctor if you are concerned about any other symptoms you are experiencing.

Flu Zone Tool

If you have the flu, remember to do the following:

Follow instructions from you doctor.

Stay home. Your doctor will tell you how many days you need to stay home.

Wash your hands frequently for at least 20 seconds with soap and water. Use hand sanitizer if you do not have soap and water.

Cover your sneeze or cough.

Take medications as prescribed by your doctor.

Rest, drink fluids and eat healthy foods.

Wear a mask.

Clean home surfaces, including doorknobs, faucets and toilets.

REMEMBER:

- Ask your doctor about getting pneumonia and COVID-19 vaccines, as recommended by the Centers for Disease Control and Prevention.
- Get a flu shot every year.

"Symptoms of Coronavirus." The Centers for Disease Control and Prevention. 6, April, 2021.
www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

Zona Segura



Esta es la zona de seguridad si usted:

- ✓ Respira fácilmente
- ✓ No tiene fiebre
- ✓ No tose, jadea, siente opresión en el pecho ni presenta falta de aliento durante el día o la noche
- ✓ No ha reducido su actividad y puede mantenerla norma

Zona de Advertencia



Llame al médico si tiene:

- ✓ Fiebre o se siente con fiebre o tiene escalofríos
- ✓ Tos
- ✓ Dolor de garganta
- ✓ Falta de aliento
- ✓ Fatiga (cansancio)
- ✓ Goteo o congestión nasal
- ✓ Dolores musculares o corporales
- ✓ Dolor de cabeza
- ✓ Algunas personas podrían presentar vómitos o diarrea, aunque esto es más frecuente entre los niños que entre los adultos.

Zona de Alerta Médica



Vaya a la sala de emergencias o llame al 911 si:

- ✓ Tiene mucha dificultad para respirar o jadea
- ✓ Siente dolor o presión en el pecho o el abdomen que no desaparece
- ✓ Constantemente se siente mareado, confundido o no puede permanecer despierto
- ✓ Tiene convulsiones
- ✓ No orina
- ✓ Tiene dolor muscular intenso
- ✓ Se siente muy débil o tambaleante
- ✓ Tiene los labios, la cara o las uñas de color entre azul y gris
- ✓ Tiene fiebre o tos que mejora y luego reaparece o empeora
- ✓ Empeoran sus afecciones crónicas

Nota: Esta lista no incluye todos los síntomas posibles. Llame al médico si le preocupa algún otro síntoma que tiene.

Is It Asthma, Allergies, a Cold, COVID-19, the Flu, or RSV?

Symptoms	Asthma Gradual or abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Cold Gradual onset of symptoms	Coronavirus (COVID-19) [†] Symptoms range from mild to severe	Flu Abrupt onset of symptoms	Respiratory Syncytial Virus (RSV) Gradual onset of symptoms
Length of Symptoms	Can start quickly or last for hours or longer**	Several weeks	Less than 14 days	7-25 days	7-14 days	7-10 days
Cough	Common (can be dry or wet/productive)	Rare (usually dry unless it triggers asthma)	Common (mild)	Common (usually dry)	Common (usually dry)	Common
Wheezing	Common	No**	No**	No***	No**	Common
Shortness of Breath or Trouble Breathing	Common	No**	No**	Sometimes	No**	No**** (sometimes in infants)
Chest Tightness/Pain	Common	No**	No**	Sometimes	No**	No**
Rapid Breathing	Common	No**	No**	Rare	No**	No** (sometimes in infants)
Sneezing	No**	Common	Common	Rare	No	Common

Your symptoms may vary. If you have any cold, COVID-19, or flu-like symptoms, talk with your doctor, get tested, and stay home. [†]If you are having trouble breathing and your quick-relief medicine is not helping your asthma symptoms, call your health care provider or seek medical attention immediately. ^{**}Allergies, colds, flu, and some newer strains of COVID-19 can all trigger asthma which can lead to shortness of breath, chest tightness/pain, and rapid breathing. People with both allergies and asthma may have runny nose, sore throat, and sneezing. ^{***}This is not common but may be seen in babies 6 months or younger. [†]Information about COVID-19 is still evolving. Many people may not have symptoms.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention.
 Edited with medical review: 1/18/24 • aafa.org/ti

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Symptoms	Asthma Gradual or abrupt onset of symptoms	Seasonal Allergies Abrupt onset of symptoms	Cold Gradual onset of symptoms	Coronavirus (COVID-19) [†] Symptoms range from mild to severe	Flu Abrupt onset of symptoms	Respiratory Syncytial Virus (RSV) Gradual onset of symptoms
Length of Symptoms	Can start quickly or last for hours or longer*	Several weeks	Less than 14 days	7-25 days	7-14 days	7-10 days
Runny or Stuffy Nose	No**	Common	Common	Common	Sometimes	Common
Sore Throat	No**	Sometimes (usually mild)	Common	Common	Sometimes	Rare
Fever	No	No	Short Fever Period	Common	Common	Common
Feeling Tired and Weak	Sometimes	Sometimes	Sometimes	Common	Common	Rare
Headaches	Rare	Sometimes (related to sinus pain)	Rare	Common	Common	No
Body Aches and Pains	No	No	Common	Common	Common	Rare
Diarrhea, Nausea and Vomiting	No	No	Rare	Common	Sometimes	No
Chills	No	No	No	Common	Sometimes	Sometimes
Loss of Taste or Smell	No	Sometimes	Rare	Common	Rare	No

Your symptoms may vary. If you have any cold, COVID-19, or flu-like symptoms, talk with your doctor, get tested, and stay home. *If you are having trouble breathing and your quick-relief medicine is not helping your asthma symptoms, call your health care provider or seek medical attention immediately. **Allergies, colds, flu, and some newer strains of COVID-19 can all trigger asthma which can lead to shortness of breath, chest tightness/pain, and rapid breathing. People with both allergies and asthma may have runny nose, sore throat, and sneezing. ***This is not common but may be seen in babies 6 months or younger. †Information about COVID-19 is still evolving. Many people may not have symptoms.

Sources: Asthma and Allergy Foundation of America, World Health Organization, Centers for Disease Control and Prevention. Edited with medical review: 1/18/24 • aafa.org/fti



¿PUEDE SER ASMA, ALERGIAS, UN RESFRIADO, EL COVID-19, LA GRIPE O VRS?

Síntomas	Asma inicio gradual o abrupto de los síntomas	Alergias Estacionales inicio abrupto de los síntomas	Resfriado inicio gradual de los síntomas	Coronavirus (COVID-19) [†] Los síntomas varían de leves a graves	Gripe inicio abrupto de los síntomas	Virus Respiratorio Sincitial (VRS) inicio gradual de los síntomas
Duración de los síntomas	Los síntomas pueden aparecer rápidamente o durar horas o más.*	Varias semanas	Menos de 14 días	7 25 días	7 14 días	7 10 días
Tos	Común (puede ser una tos seca o productiva)	Raro (normalmente seca a menos que desencadene asma)	Común (leve)	Común (normalmente seca)	Común (normalmente seca)	Común
Sibilancia	Común	No**	No**	No**	No**	Común
Falta de aire o dificultad para respirar	Común	No**	No**	Común	No**	No*** (a veces en bebés)
Dolor/presión en el pecho	Común	No**	No**	A veces	No**	No**
Respiración rápida	Común	No**	No**	Raro	No**	No*** (a veces en bebés)
Estornudos	No**	Común	Común	Raro	No	Común

Sus síntomas pueden variar. Si tiene síntomas de COVID-19, resfriado o gripe, hable con su doctor, hágase una prueba y quédese en casa. *Si su medicamento de alivio rápido no mejora sus síntomas de asma, llame a su proveedor de atención médica o busque atención médica de inmediato. **Las alergias, los resfriados, la gripe y las nuevas cepas de COVID-19 pueden desencadenar el asma, lo cual puede provocar falta de aire, dolor o presión en el pecho y respiración rápida. Las personas con alergias y asma pueden tener secreción nasal, dolor de garganta y estornudo.

***Esto no es común, pero se puede ver en bebés de 6 meses o menos. †La información sobre el COVID-19 sigue evolucionando. Muchas personas pueden contagiarse sin mostrar síntomas.

Fuentes: Asthma & Allergy Foundation of America, World Health Organization, Centers for Disease Control & Prevention

Editado con revisión médica 1/18/24 • aafa.org/r/i

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Sintomas	Asma	Alergias Estacionales	Resfriado	Coronavirus (COVID-19) [†]	Gripe	Virus Respiratorio Sincitial (VRS)
Duración de los síntomas	Los síntomas pueden aparecer rápidamente o durar horas o más.*	Varias semanas	Menos de 14 días	7 25 días	7 14 días	7 10 días
Inicio de los síntomas	inicio gradual o abrupto	inicio abrupto de los síntomas	inicio gradual de los síntomas	Los síntomas varían de leves a graves	inicio abrupto de los síntomas	inicio gradual de los síntomas
Congestión o goteo nasal	No**	Común	Común	Común	A veces	Común
Dolor de garganta	No**	A veces (normalmente leve)	Común	Común	A veces	Raro
Fiebre	No	No	Corta período de fiebre	Común	Común	Común
Fatiga o debilidad	A veces	A veces	A veces	Común	Común	Raro
Dolor de cabeza	Raro	A veces (relacionado con dolor sinusal)	Raro	Común	Común	No
Dolor corporal	No	No	Común	Común	Común	Raro
Diarrea, náusea y vómitos	No	No	Raro	Común	A veces	No
Escalofríos	No	No	No	Común	A veces	A veces
Pérdida del sentido del gusto u olfato	No	A veces	Raro	Común	Rareo	No

Sus síntomas pueden variar. Si tiene síntomas de COVID-19, resfriado o gripe, hable con su doctor, hágase una prueba y quédese en casa. *Si su medicamento de alivio rápido no mejora sus síntomas de asma, llame a su proveedor de atención médica o busque atención médica de inmediato. **Las alergias, los resfriados, la gripe y las nuevas cepas de COVID-19 pueden desencadenar el asma, lo cual puede provocar falta de aire, dolor o presión en el pecho y respiración rápida. Las personas con alergias y asma pueden tener secreción nasal, dolor de garganta y estornudo. ***Esto no es común, pero se puede ver en bebés de 6 meses o menos. †La información sobre el COVID-19 sigue evolucionando. Muchas personas pueden contagiarse sin mostrar síntomas. Fuentes: Asthma & Allergy Foundation of America, World Health Organization, Centers for Disease Control & Prevention

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WORD SEARCH

Promoting Immunizations

Vaccines are one of the most important and effective public health tools available to prevent a variety of diseases across the lifespan. Vaccines teach your body's immune system to recognize and defend against harmful germs, such as viruses or bacteria.

Vaccines don't just protect you. Staying current on recommended vaccinations helps you to stay healthy and also protects those around you who are at greatest risk of serious complications from vaccine-preventable diseases. In addition to getting vaccinated, there are other things you can do to help prevent illness. Talk with your healthcare provider or pharmacist about what immunizations you need.

Instructions:

Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

D S S U D D E N S X E C O V I D W A T R
E O U R A I C E I N F L U E N Z A L E I
T C U T I K S R S G N I T S E T G V B S
A I J L S K U I O M S O N I A X E A R T
N A S A O Q O E N I P H M D N F H C A O
I L M E F G I J G F A T I G U E K C L P
C D N O E P G R A S E T I N U B G I S T
C I Z U A I A X I W A C O U G H E N C H
A S V Q I S T E D U V O T L M L A E Y E
V T L O N A N V P N I U M A S T E K O S
T A A C O R O N A V I R U S W N I S B P
E N R D M E C O A I N P O R F F H L J R
G C I K U L P Q N E M O A I W N C E T E
T E V J E R E S K I S W D A O N H G S A
N O I T N E V E R P R U M S T T I R E D
D U T E P A N T S K E B A C D I L N H G
A T N E H A N D W A S H I N G O L U C T
S F A W T C E F N I S I D C H E S T A P
T E S R O K U H E A D A C H E J U M P A
S A N I T I Z E R W D U L F T H G I F U

Aches
Antiviral
Chills
Contagious
Coronavirus
Cough
Covid
Diagnosis
Disinfect
Fatigue
Fever
Fight Flu
Get Vaccinated
Handwashing
Headache
Influenza
Mask
Nausea
NFID
Pneumonia
Prevention
Rash
Sanitizer
Shingles
Social Distance
Stop the Spread
Sudden
Testing
Tired
Vaccine

WORD SEARCH

Promoting Immunizations

You may not realize you need vaccinations throughout your adult life. Vaccines are important to your health for three reasons.

1. You may be at risk for serious diseases that are still common in the U.S.

Each year, thousands of adults in the United States get sick from diseases that could be prevented by vaccines – some people are hospitalized, and some even die. Even if you got all your vaccines as a child, the protection from some vaccines can wear off over time. You may also be at risk for other diseases due to your age, job, lifestyle, travel, or health conditions.

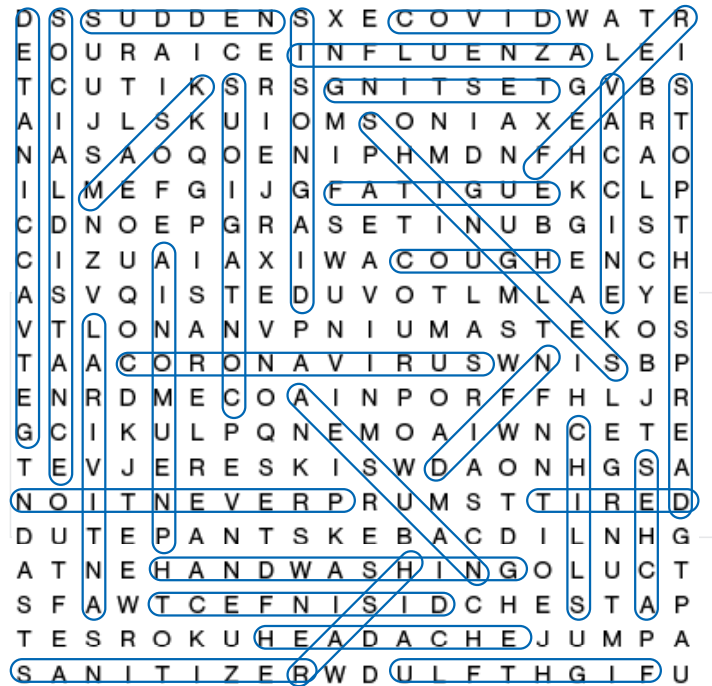
2. You can't afford to risk getting sick.

Even healthy people can get sick enough to miss work or school. If you're sick, you may not be able to take care of your family or other responsibilities.

3. You can protect your health and the health of those around you by getting the recommended vaccines.

- Vaccines lower your risk of getting sick. Vaccines work with your body's natural defenses to lower the chances of getting certain diseases as well as suffering complications from these diseases.
- Vaccines lower your chance of spreading certain diseases. There are many things you want to pass on to your loved ones; a vaccine-preventable disease is not one of them. Infants, older adults, and people with weakened immune systems (like those undergoing cancer treatment) are especially vulnerable to vaccine-preventable diseases.
- Vaccines are one of the safest ways to protect your health. Vaccine side effects are usually mild and go away on their own. Severe side effects are very rare.

Please contact your healthcare provider, local (county) health department, or pharmacy to schedule an appointment to receive your vaccines.



Sopa de Letras

Promoviendo las Vacunas

Las vacunas son una de las herramientas de salud pública más importantes y eficientes disponibles para prevenir una variedad de enfermedades a lo largo de la vida. Las vacunas le enseñan al sistema inmunológico de tu cuerpo a reconocer y defender contra los gérmenes dañinos, como virus o bacterias.

Las vacunas no solamente a ti te protegen. Manteniéndote al día con las vacunas recomendadas te ayuda a mantenerte saludable e también protege a quienes te rodean que corren un más alto riesgo de sufrir complicaciones serias por enfermedades prevenibles con vacunación. En adición a vacunarte, ay otras cosas que puedes hacer para ayudar a prevenir las enfermedades. Habla con tu proveedor de atención médica o farmacéutico sobre las vacunas que necesitas.

Instrucciones: Encuentra y circula cada palabra en la lista. Algunas letras se utilizan más de una vez. Las palabras pueden estar diagonal.

P O S D V B I Q V E Y I D Y K M T C K J
U B D E S I N F E C T A N T E A C O L H
L D S S C D A B L J I T V W L S U C A D
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Q J E H T I C O N T A G I O S O F R X R
F U S O N Ó P R U E B A S O B M R U Q E
R M K Z R N J B E L Q T U I W K L S N F

Dolores Antiviral
Escalofríos
Contagioso
Coronavirus Tos
COVID
Diagnostico
Desinfectar
Fatiga
Fiebre
Combatir la Gripe
Vacúnate
Lavarse las
Manos Dolor de
Cabeza Influenza
Mascarilla
Nausea
NFID
Pulmonía
Prevención
Sarpullido
Desinfectante
Culebrilla
Distancia Social
Detener
Propagación
Repentino
Pruebas
Cansado Vacuna

Tres Razones Para que Los Adultos se Vacunen

Quizás no te das cuenta de que necesitas vacunas a lo largo de tu vida adulta. Las vacunas son importantes para tu salud por tres razones.

1. Puedes estar en riesgo de enfermedades graves que aún son comunes en los EE.UU.

Cada año, miles de adultos en los Estados Unidos se enferman de enfermedades que podrían prevenirse con vacunas- algunas personas son hospitalizadas, y algunos incluso mueren.

Incluso si recibiste todas tus vacunas cuando eras niño, la protección de algunas vacunas puede desaparecer con el tiempo. También puedes estar en riesgo de otras enfermedades debido a tu edad, trabajo, estilo de vida, viajes, o condiciones de salud.

2. No puedes permitirte el lujo de enfermarte.

Incluso las personas saludables pueden enfermarse lo suficiente como para faltar al trabajo o escuela. Si estás enfermo, es posible que no puedas cuidar de tu familia u otras responsabilidades.

3. Tu puedes proteger tu salud y la salud de los que te rodean tomando las vacunas recomendadas.

- **Las vacunas reducen tu riesgo de enfermarte.** Las vacunas funcionan con las defensas naturales de tu cuerpo para reducir las posibilidades de contraer ciertas enfermedades igual que sufrir complicaciones de estas enfermedades.
- **Las vacunas reducen la posibilidad de propagar ciertas enfermedades.** Hay muchas cosas que quieres transmitir a tus seres queridos; una enfermedad prevenible con vacunación no es una de ellas. Los bebés, adultos mayores, y las personas con sistemas inmunitarios debilitados (como los que se someten a un tratamiento contra el cáncer) son especialmente vulnerables a las enfermedades prevenibles con vacunación.
- **Las vacunas son una de las maneras más seguras de proteger tu salud.** Los efectos secundarios de las vacunas suelen ser leves y desaparecen por si solos. Los efectos secundarios graves son muy raros.

Por favor contacta a tu proveedor de cuidado de salud, el departamento de salud local a tu condado, o farmacia para proporcionar una cita para recibir tus vacunas.



Fuente: <https://www.cdc.gov/vaccines/hcp/adults/downloads/fs-three-reasons.pdf>

Este material fue preparado por QSource, una Red de Contratistas de Mejora de Calidad y Innovación bajo contrato con los Centros de Servicios de Medicare y Medicaid (CMS), una agencia de el Departamento EE.UU de Salud y Servicios Humanos (HHS). Opiniones expresadas en este material no necesariamente reflejan las opiniones oficiales o póliza de la CMS o HHS, y cualquier referencia a un producto en específico o entidad en esto no constituye el endoso de ese producto o entidad por el CMS o HHS. 22.QIO.09.044





Antibiotics

Antibiotic Resistance: Five Things to Know



Antibiotic resistance (AR) is one of the most urgent threats to public health. AR is a “one health” problem and connects to the health of people, animals, and the environment.

Each year in the United States, at least 2.8 million people are infected with antibiotic-resistant germs, and 35,000 people die every year because of them.

1



AR occurs when germs defeat the drugs designed to kill them.

It does NOT mean the body is resistant to antibiotics.

2



AR can affect people at any stage.

Infections caused by resistant germs are difficult to treat. These infections require extended hospital stays, follow-up doctor visits, and use of treatments that may be costly and toxic to the patient.

3



Healthy habits can protect you from infections and help stop germs from spreading.

Get recommended vaccines, keep hands and wounds clean, and take good care of chronic conditions, like diabetes.

4



Antibiotics save human and animal lives. Any time antibiotics are used, they can lead to side effects and resistance.

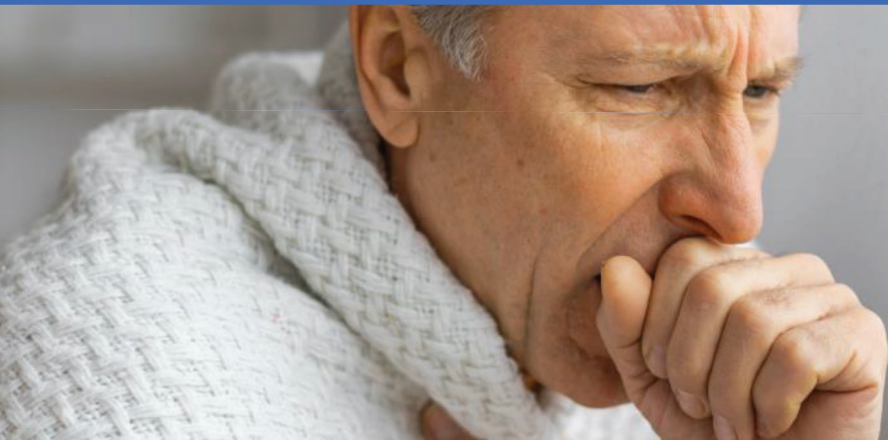
Antibiotics do not work on viruses, like colds and the flu. Talk to your healthcare provider or veterinarian about whether antibiotics are needed.

5



AR has been found in all regions of the world.

Modern trade and travel means AR can move easily across borders. It can spread in places like hospitals, farms, and the community. Tell your healthcare provider if you recently traveled or received care in another country.



Viruses or Bacteria – What’s Got You Sick?

Antibiotics are often prescribed when they are not needed for respiratory infections. Antibiotics are only needed for treating certain infections caused by bacteria. Viral illnesses cannot be treated with antibiotics. When an antibiotic is not prescribed, ask your healthcare professional for tips on how to relieve symptoms.

Common Respiratory Infections	Common Cause			Are Antibiotics Needed?*
	Virus	Virus or Bacteria	Bacteria	
Common Cold/Runny Nose	X			No
Sore Throat (except strep)	X			No
COVID-19	X			No
Flu	X			No
Bronchitis/Chest Cold		X		No**
Middle Ear Infection		X		Maybe
Sinus Infection		X		Maybe
Strep Throat			X	Yes
Whooping Cough			X	Yes

*Antiviral drugs are available for some viral infections, such as COVID-19 or flu
 **Studies show that in otherwise healthy children and adults, antibiotics for bronchitis won't help patients feel better.



Combat Antibiotic Resistance

Protect Yourself and Your Family

Infections caused by antibiotic-resistant germs are difficult, and sometimes impossible, to treat, but we can help stop the spread of these germs. Antibiotic resistance happens when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them.

No one can completely avoid getting an infection, but there are steps you can take to reduce risk.



Know Your Risks, Ask Questions, and Take Care. Ask your provider about risks for certain infections and sepsis. Speak up with questions or concerns. Keep cuts clean and covered until healed, and take good care of chronic conditions.



Be Aware of Changes in Your Health. Talk to your healthcare provider about how to recognize signs and symptoms of infections, or if you think you have an infection. If infection isn't stopped, it could lead to complications like sepsis.



Get Vaccinated. Vaccines are an important step to prevent infections, including resistant infections.



Practice Healthy Habits Around Animals. Always clean your hands after touching, feeding, or caring for animals, and keep your animals healthy.



Prevent STDs. Gonorrhea can be resistant to the drugs designed to treat it. The only way to avoid STDs is to not have sex. If you have sex, lower your risk by choosing safer sexual activities and using condoms the right way. You and your partner should be treated right away if you test positive to keep from getting infected again.

Clean Your Hands. Keeping your hands clean is one of the best ways to prevent infections, avoid getting sick, and prevent spreading germs.



Use Antibiotics Appropriately. Talk with your provider about the best treatment when you or your family is sick. Antibiotics save lives, but any time they are used, they can cause side effects and lead to antibiotic resistance.



Stay Healthy When Traveling Abroad. Be vigilant when traveling. Know what vaccinations are needed, check health alerts, stick to safe food and drinks, plan in advance in case you get sick, and learn about risks of medical tourism.



Prepare Food Safely. Follow these steps to avoid food-borne infections. Clean your hands, utensils, and surfaces. Separate raw meat from other foods. Cook foods to safe temperatures. Chill leftovers and other foods promptly.



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Improving Antibiotic Use

Do I Really Need Antibiotics?



SAY YES TO ANTIBIOTICS

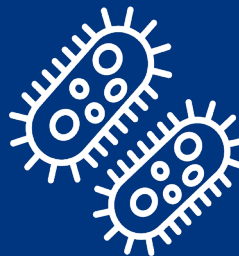
when needed for certain infections caused by **bacteria**.



SAY NO TO ANTIBIOTICS

for **viruses**, such as colds, the flu, or runny noses, even if the mucus is thick, yellow, or green. Antibiotics also won't help for some common bacterial infections, including most cases of bronchitis, many sinus infections, and some ear infections.

Antibiotics are needed for treating certain infections caused by bacteria.



Antibiotics do **NOT** work on viruses.

Do I Really Need Antibiotics?

Any time antibiotics are used, they can cause side effects. However, antibiotics can save lives. When you need antibiotics, the benefits outweigh the risks of side effects. If you don't need antibiotics, you shouldn't take them because they can cause harm.

Common Side Effects of Antibiotics Include:



Rash



Dizziness



Nausea



Yeast Infection



Diarrhea

Get immediate medical help if you experience severe diarrhea. It could be a symptom of a **C. difficile infection (C. diff)**, which can lead to severe colon damage and death. People can also have severe and life-threatening allergic reactions.

If you experience side effects, follow up with your healthcare professional.

1 OUT OF 5

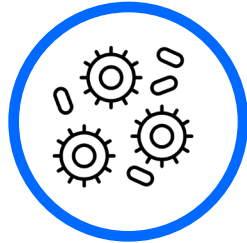
medication-related visits to the emergency room are from reactions to antibiotics.

Do I Really Need Antibiotics?

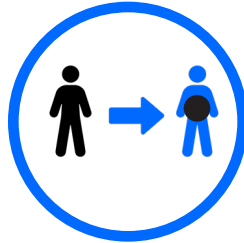
Antibiotics can save lives, but anytime antibiotics are used, they can lead to antibiotic resistance. Antibiotic resistance occurs when germs like bacteria and fungi develop the ability to defeat the drugs designed to kill them. If antibiotics lose their effectiveness, then we lose the ability to treat infections, like those that lead to sepsis.



Bacteria, not the body, develop the ability to defeat the antibiotics designed to kill them.



When bacteria become resistant, antibiotics cannot fight them, and they multiply.



Some resistant bacteria can be harder to treat and can spread to other people.

More than 2.8 million antibiotic-resistant infections occur in the United States each year, and more than 35,000 people die as a result.

Can I Feel Better Without Antibiotics?

Respiratory viruses usually go away in a week or two.

To Stay Healthy and Keep Others Healthy, you can:



Clean your hands



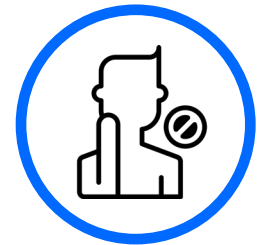
Stay home when sick



Get recommended vaccines



Avoid close contact with people who are sick



Avoid touching your face



Cover coughs and sneezes



If you need antibiotics, take them exactly as prescribed

Talk to your healthcare professional about what you can do to feel better. To learn more about antibiotic prescribing and use, visit www.cdc.gov/antibiotic-use

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WORD SEARCH

Be Antibiotics Aware



Antibiotics are medicines to treat certain infections caused by bacteria. You can “Be Antibiotics Aware” by letting your medical provider know that you want to avoid unnecessary antibiotics.

Talk with your provider or pharmacist about ways to get relief from your symptoms. Many respiratory illnesses are caused by viruses, and usually don't need antibiotic treatment. There are things you can do to feel better while your body fights a virus. If you need antibiotics to treat an infection, take them exactly as prescribed. Don't take antibiotics prescribed for someone else or for another medical condition.

Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

A I S Q H I S K X J S H N B X
S N I W E M Q T F C G G A M N
I F T V Z M P R R U B C W O Y
S L I I Y U F N O E T T I M H
P U H Y H N Q C E E P T N A K
E E C W Y I I Y R U C O N D J
S N N J U Z S I C E M D X T A
Q Z O P U A A T F S W O M O D
K A R E B T Z N A A U Z N M K
M F B U S I I F S M F G L I G
V I R U S O P H P Z I Q N P A
F O E S E N I C C A V N X U T
T G S S I N U S I T I S E I F
T D T E G Z O U G X T V V J S
C I T O I B I T N A V D U A R

Handwashing

Cough

Immunization

Vaccine

Antibiotic

Infection

Bacteria

Virus

Fungus

Sinusitis

Bronchitis

Strep

Pneumonia

Antihistamine

Rest

Influenza

Sepsis

Word Search Glossary

An **INFECTION** can be caused by a virus, bacteria, fungus or parasite.

HANDWASHING is an important way to prevent catching or spreading infections. Rub your hands with soap for at least 15 seconds, and rinse with clean water to remove dirt and germs. Using hand sanitizer is another good way to help prevent infections.

A **COUGH** is a symptom that can be caused by many things. Your medical provider can help determine what is causing your cough and how to get relief.

IMMUNIZATION can prevent infections and help you stay healthy. Immunizations are important for adults as well as children.

A **VACCINE** can help boost the body's immune system.

To fight infections caused by bacteria, you may be prescribed an **ANTIBIOTIC**. There are many types of antibiotics that fight different infections. Let your provider know about other medications you are taking, because they might interact with antibiotics.

BACTERIA are tiny organisms that live all around us, but are too small to see. Some types of bacteria cause severe illness and are difficult to kill.

If you have an infection caused by a **VIRUS**, antibiotics won't help because they fight bacteria. Your provider will suggest other ways to feel better and get relief from your symptoms.

Some types of infection are caused by **FUNGUS**. Antibiotics don't treat this type of infection, and could make symptoms worse.

SINUSITIS is usually caused by a virus. There are things that can help you feel less miserable.

BRONCHITIS is usually caused by a virus, but other things can cause this lung condition.

STREP (short for "Streptococcus") is a type of bacteria that can cause infection. If untreated, Strep infections can cause life-threatening complications.

PNEUMONIA is a type of lung infection that can be caused by a virus, bacteria or fungus.

ANTIHISTAMINE medications help relieve symptoms of allergies like runny nose, sneezing, hives, itching and watery eyes.

If you are sick, it's important to try to get as much **REST** as possible to help your body heal. Sleep is important to staying healthy and keeping your immune system strong.

INFLUENZA (sometimes called "the flu") is an infection caused by a virus. There are many types of flu. Getting a flu shot can help prevent some infections, or make them less severe.

A person with infection can develop a life-threatening condition called **SEPSIS**.

Visit www.cdc.gov/antibiotic-use/community/ for more information.



Sepsis

What Is Sepsis?



Sepsis is a complication caused by the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure, and death.



Sepsis is **DIFFICULT TO DIAGNOSE** because it happens **quickly** and can be confused with other conditions.



Sepsis is a medical emergency and is **DEADLY** when it's not quickly recognized and treated.

What Can You Do To Prevent Sepsis?



1 Get vaccinated against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.



2 Prevent infections that can lead to sepsis by

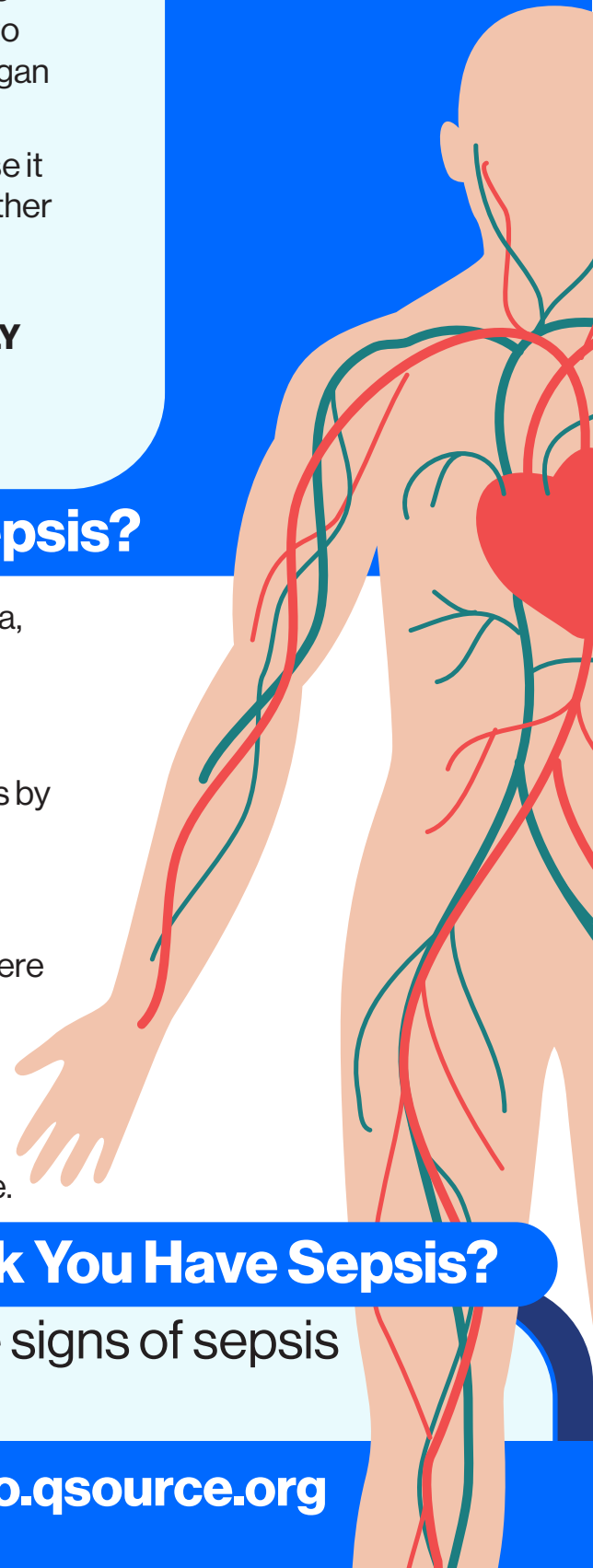
- **Cleaning** scrapes and wounds
- Practicing **good hygiene** (e.g., hand washing)



3 Know that time matters. If you have a severe infection, **look for signs** like: shivering, fever, or very cold, extreme pain or discomfort, clammy or sweaty skin, confusion or disorientation, short of breath, rapid breathing, and high heart rate.

What Should You Do If You Think You Have Sepsis?

Seek medical treatment if you have signs of sepsis following an infection.

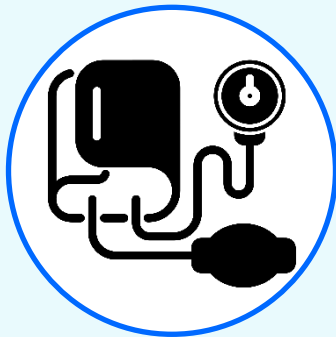


Sepsis

Symptoms of sepsis include:



Fast Heart Rate



Low Blood Pressure



Fever or Hypothermia



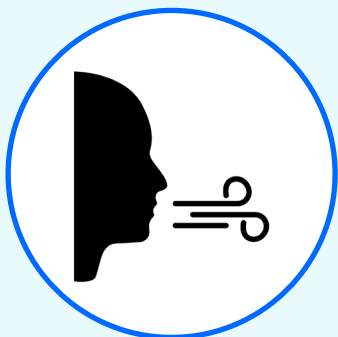
Shaking or Chills



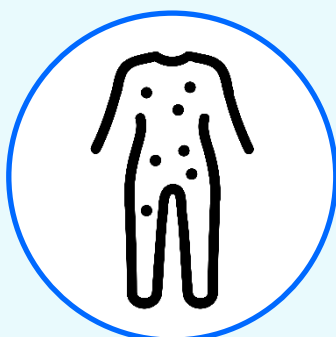
**Warm or Clammy/
Sweaty Skin**



**Confusion or
Disorientation**



Shortness of Breath



Sepsis Rash



**Extreme Pain or
Discomfort**

Sepsis Fact Sheet

A potentially deadly outcome from an infection.

What should I do if I think I have an infection or sepsis?

- Call your doctor or go to the emergency room immediately if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.
- It's important that you say, "I am concerned about sepsis."
- If you are continuing to feel worse or not getting better in the days after surgery, ask your doctor about sepsis. Sepsis is a common complication of people hospitalized for other reasons.

What is sepsis?

Sepsis is a complication caused by the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure, and death.

When can you get sepsis?

Sepsis can occur to anyone, at any time, from any type of infection, and can affect any part of the body. It can occur even after a minor infection.

What causes sepsis?

Infections can lead to sepsis. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage. Certain infections and germs could lead to sepsis. Sepsis is often associated with infections of the lungs (e.g., pneumonia), urinary tract (e.g., kidney), skin, and gut. Staphylococcus aureus (staph), Escherichia coli (E. coli), and some types of Streptococcus (strep) are common germs that can cause sepsis.

Are certain people with an infection more likely to get sepsis?

Anyone can develop sepsis from an infection, especially when not treated properly. However, sepsis occurs most often in people aged 65 years or older or less than 1 year, have weakened immune systems, or have chronic medical conditions (e.g., diabetes). A CDC evaluation found more than 90% of adults and 70% of children who developed sepsis had a health condition that may have put them at risk. Ask your doctor about your risk for getting sepsis. If you suspect sepsis, ask your doctor, "Could it be sepsis?"

What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (diarrhea, vomiting, sore throat, etc.), as well as **ANY** of the **SYMPTOMS** below:

- Shivering, fever, or very cold
- Extreme pain or discomfort
- Clammy or sweaty skin
- Confusion or disorientation
- Shortness of breath
- High heart rate

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How is sepsis diagnosed?

Doctors diagnose sepsis using a number of physical findings, like fever, increased heart rate, and increased breathing rate. They also do lab tests that check for signs of infection. Many of the symptoms of sepsis, such as fever and difficulty breathing, are the same as in other conditions, making sepsis hard to diagnose in its early stages.

How is sepsis treated?

People with sepsis are usually treated in the hospital. Doctors try to treat the infection, keep the vital organs working, and prevent a drop in blood pressure.

Doctors treat sepsis with therapy, such as appropriate use of antibiotics, as soon as possible. Many patients receive oxygen and intravenous (IV) fluids to maintain normal blood oxygen levels and blood pressure.

Other types of treatment, such as assisted breathing with a machine or kidney dialysis, may be necessary. Sometimes surgery is required to remove tissue damaged by the infection.

Are there any long-term effects of sepsis?

Many people who have sepsis recover completely and their lives return to normal. But some people may experience permanent organ damage. For example, in someone who already has kidney problems, sepsis can lead to kidney failure that requires lifelong dialysis.

How can I prevent sepsis?

- 1. GET VACCINATED** against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.
- 2. PREVENT INFECTIONS** that can lead to sepsis by:
 - **Cleaning** scrapes and wounds.
 - Practicing good **hygiene** (e.g., hand washing)
- 3. LEARN THE SIGNS AND SYMPTOMS** of sepsis. If sepsis is suspected, seek medical attention immediately.



Life After Sepsis Fact Sheet

What sepsis survivors need to know.



What is sepsis?

Sepsis is a complication caused by the body's overwhelming and life-threatening response to an infection, which can lead to tissue damage, organ failure, and death.

What causes sepsis?

Infections can lead to sepsis. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage. Certain infections and germs could lead to sepsis. Sepsis is often associated with infections of the lungs (e.g., pneumonia), urinary tract (e.g., kidney), skin, and gut. Staphylococcus aureus (staph), Escherichia coli (E. coli), and some types of Streptococcus (strep) are common germs that can cause sepsis.

Life After Sepsis

What are the first steps in recovery?

After you have had sepsis, rehabilitation usually starts in the hospital by slowly helping you to move around and look after yourself: bathing, sitting up, standing, walking, taking yourself to the restroom, etc. The purpose of rehabilitation is to restore you back to your previous level of health or as close to it as possible. Begin your rehabilitation by building up your activities slowly, and rest when you are tired.

How will I feel when I get home?

You have been seriously ill, and your body and mind need time to get better. You may experience the following physical symptoms upon returning home:

- General to extreme weakness and fatigue
- Breathlessness
- General body pains or aches
- Difficulty moving around
- Difficulty sleeping
- Weight loss, lack of appetite, or food not tasting normal
- Dry and itchy skin that may peel
- Brittle nails
- Hair loss

It is also not unusual to have the following feelings once you're at home:

- Unsure of yourself
- Not caring about your appearance
- Wanting to be alone, avoiding friends and family
- Flashbacks, bad memories
- Confusing reality (e.g., not sure what is real and what isn't)
- Feeling anxious, more worried than usual
- Poor concentration
- Depressed, angry, unmotivated
- Frustration at not being able to do everyday tasks

What's normal and when should I be concerned?

Generally, the problems described in this fact sheet do improve with time. They are a normal response to what you have been through.

Some hospitals have follow-up clinics or staff to help patients and families once they have been discharged. Find out if yours does or if there are local resources available to help you while you get better.

However, if you feel that you are not getting better, or finding it difficult to cope, or continue to be exhausted, call your doctor.

What can I do to help myself recover at home?

- Set small, achievable goals for yourself each week, such as taking a bath, dressing yourself, or walking up the stairs
- Rest and rebuild your strength
- Talk about what you are feeling to family and friends
- Record your thoughts, struggles, and milestones in a journal
- Learn about sepsis to understand what happened
- Ask your family to fill in any gaps you may have in your memory about what happened to you
- Eat a balanced diet
- Exercise if you feel up to it
- Make a list of questions to ask your doctor when you go for a check up

Are there any long-term effects of sepsis?

Many people who survive sepsis recover completely and their lives return to normal. However, as with some other illnesses requiring intensive medical care, some patients have long-term effects. These problems may not become apparent for several weeks (post-sepsis), and may include such consequences as:

- Insomnia, difficulty getting to or staying asleep
- Nightmares, vivid hallucinations, panic attacks
- Disabling muscle and joint pains
- Decreased mental (cognitive) functioning
- Loss of self-esteem and self-belief
- Organ dysfunction (kidney failure, respiratory problems, etc.)
- Amputations (loss of limb(s))

Signs of Infection and Sepsis at Home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

	Green Zone No sign of infection.	Yellow Zone Take action today.	Red Zone Take action NOW!
Are there changes in my heartbeat or breathing?	My heartbeat is as usual. Breathing is normal for me.	Heartbeat is faster than usual. Breathing is a bit more difficult and faster than usual.	Heartbeat is very fast. Breathing is very fast.
Do I have a fever?	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100°F to 101.4°F.	Fever is 105°F or greater.
Do I feel cold?	I do not feel cold.	I feel cold and cannot get warm. I am shivering or my teeth are chattering.	Temperature is below 96.8°F. Skin or fingernails are pale or blue.
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	I am very tired. I cannot do any of my usual activities.
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?	I feel well. I had pneumonia, a urinary tract infection (UTI) or another infection. I had a wound or IV site. It is healing.	I do not feel well. I have a bad cough. My wound or IV site looks different. I have not urinated (peed) for 5 or more hours. When I do urinate (pee), it burns, is cloudy or smells bad.	I feel sick. My wound or IV site is painful, red, smells or has pus.

My Plan for Preventing Infection at Home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

Things I can do to prevent infection:

- Wash my hands often, using soap and water, especially after touching door knobs
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK
- Get recommended vaccines (shots) like flu, whooping cough and pneumonia
- Eat healthy foods and drink water
- Keep my wounds or IV site clean
- Have a plan for getting help when I am in the yellow zone

How I will do these things:

Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor “I am concerned about sepsis.”

Your care team will work with you to set goals so you can stick to your plan.

Sepsis Word Search

Sepsis is a complication caused by the body's overwhelming and life-threatening response to infection, which can lead to tissue damage, organ failure, and death. Sepsis can occur to anyone, at any time, from any type of infection, and can affect any part of the body. It can occur even after a minor infection. Sepsis can be difficult to diagnose because it happens quickly and can be confused with other conditions. However, there are some things you can do to prevent sepsis including:

- **GET VACCINATED** against the flu, pneumonia, and any other infections that could lead to sepsis;
- **PREVENT INFECTIONS** that can lead to sepsis by cleaning wounds and washing your hands; and
- **LEARN THE SIGNS AND SYMPTOMS.**



Instructions: Find and circle each word in the list. Some letters are used more than once. Words may be diagonal or backward.

E	R	N	X	S	K	Z	Z	M	B	W	P	B	H	A	Z	O	A	U	R	Y	X	S
D	K	Z	V	A	H	I	K	T	R	E	V	E	F	Z	Q	B	K	H	S	A	R	O
N	W	E	W	S	N	Y	A	C	H	X	M	E	V	I	C	Z	X	Y	O	K	T	E
X	A	M	R	W	R	N	I	Z	T	R	E	G	N	I	H	S	A	W	D	N	A	H
X	N	E	J	Q	J	B	D	Z	A	J	T	X	C	P	M	M	Y	I	K	Y	Y	Y
N	T	R	B	I	L	K	R	T	E	K	R	I	B	O	V	W	T	L	C	F	U	M
V	I	G	Q	D	O	T	A	N	R	V	I	P	W	E	N	G	A	K	Q	M	X	M
Y	B	E	S	E	Y	Y	C	E	B	L	P	I	A	W	B	F	V	Y	N	J	F	A
H	I	N	E	A	C	U	Y	M	F	K	C	H	I	L	L	S	U	X	H	N	V	L
W	O	C	E	D	T	J	H	T	O	P	I	L	C	Z	H	K	O	S	N	B	Y	C
B	T	Y	D	L	A	K	C	A	T	T	H	X	H	T	C	Q	N	B	I	W	V	T
R	I	H	U	Y	T	C	A	E	R	R	B	M	T	T	R	T	C	U	D	O	I	S
I	C	K	I	I	E	N	T	R	O	Q	N	O	I	T	C	E	F	N	I	D	N	F
Y	S	T	A	V	W	E	M	T	H	U	Y	F	F	Z	L	I	L	S	P	O	K	O
S	T	K	P	F	V	G	X	Y	S	B	A	D	X	B	J	Q	C	I	H	E	G	S
B	B	Z	Y	W	J	N	I	A	P	Q	J	R	K	I	P	B	A	V	R	M	U	S

- Antibiotics
- Chills
- Clammy
- Confusion
- Deadly
- Emergency
- Fever
- Handwashing
- Infection
- Pain
- Rash
- Tachycardia
- Treatment
- Short of breath

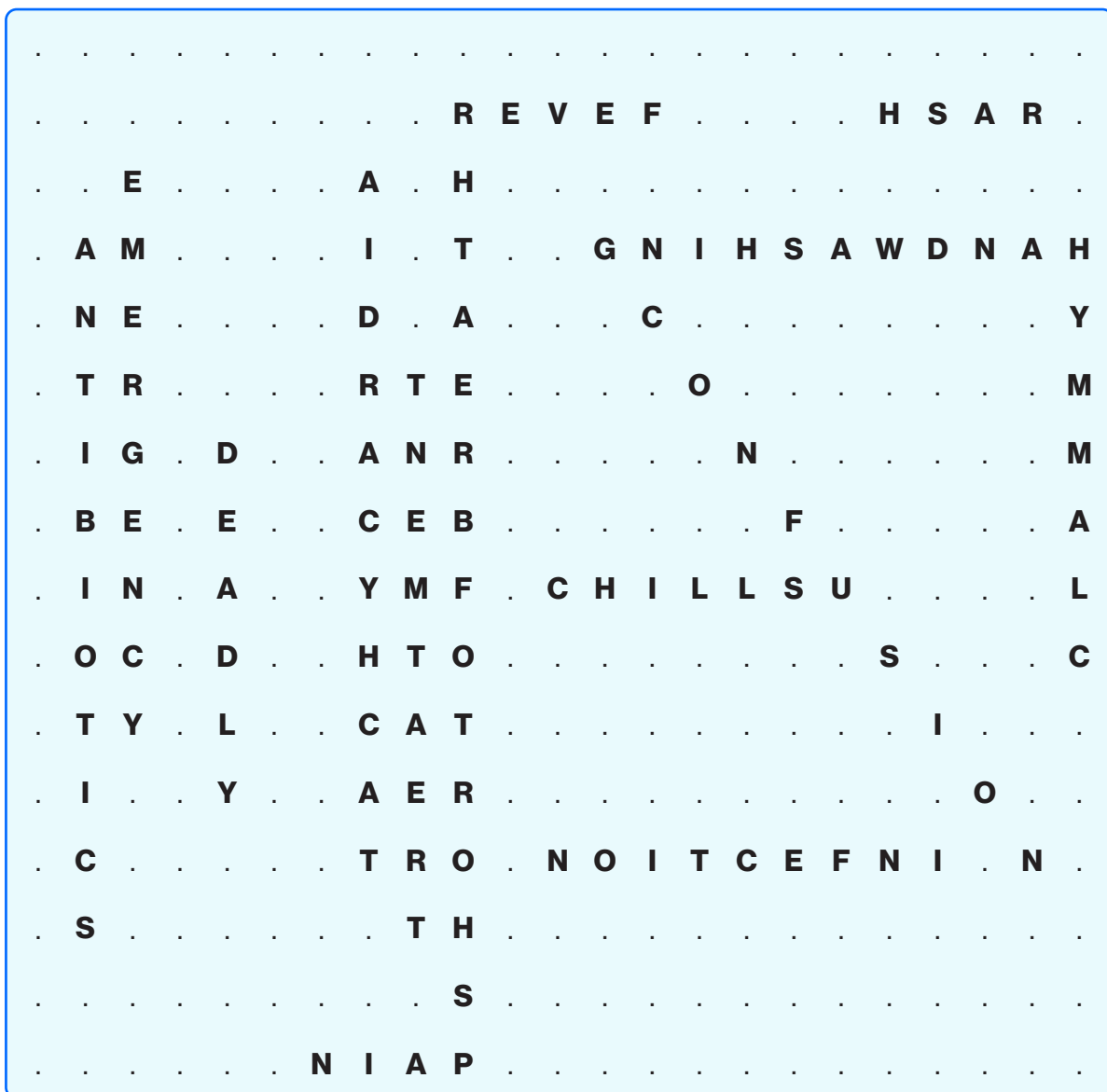
What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (diarrhea, vomiting, sore throat, etc.), as well as ANY of the SYMPTOMS below:

- Shivering, fever, or very cold;
- Extreme pain or discomfort;
- Clammy or sweaty skin;
- Confusion or disorientation;
- Shortness of breath; and/or
- High heart rate (tachycardia)

If you think you are showing signs of sepsis, it is important to seek medical treatment immediately.

For more information, visit the [CDC website about sepsis.](#)





Qsource®

Qsource

911 E. 86th St., Suite 30

Indianapolis, IN 46240

Phone: 800-528-2655

Fax: 901-761-3786

qio.qsource.org