## Infections

Infections begin when germs enter the body and cause harm. Cancer and certain treatments can increase your risk of getting an infection, but you can protect yourself.

## **TRY THIS**

Wash your hands. Keep your hands clean, especially before eating.

**Take care of cuts, scrapes, and surgery wounds.** Clean broken skin and protect it with a bandage.

**Avoid germs.** Stay away from people who are sick or have a cold. Avoid crowds. Make sure your food is clean and thoroughly cooked.

## **CHECK THIS OUT**

**Visit** the Springboard page on Infections. https://survivorship.cancer.gov/springboard/symptoms/infections

**Learn** the signs of infection (http://goo.gl/bw6E7g) and how to

prevent infections in people with cancer (http://goo.gl/EUOoEX).

Learn three simple steps to help avoid infection. http://goo.gl/x0vdHZ