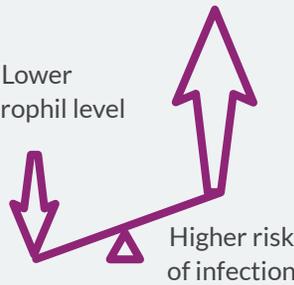


Minimise your infection risk

There are several simple precautions you can take to help minimise your infection risk during periods of neutropenia following chemotherapy, which focus on limiting your exposure to bacteria and fungi¹

Lower neutrophil level



When the number of neutrophils and white blood cells decrease following chemotherapy the **risk of infection rises**

Precautions you can take to help minimise your infection risk:



Female hygiene

Women should use sanitary towels instead of tampons²



Oral hygiene

Use a soft toothbrush for cleaning your teeth and gums¹



Daily Bathing

Shower or bathe daily and keep skin moisturised^{1,2}



Handwashing

Wash your hands frequently and thoroughly^{1,2}



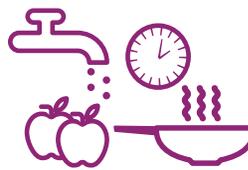
Avoid sharing

Do not share food, drink, or utensils with other people²



No crowded spaces

Avoid crowded spaces and contact with those who are ill^{1,2}



Safe food preparation

Wash fruit and vegetables²
Cook meat or poultry products thoroughly to kill germs²



Gardening

Use gloves for any gardening activities^{2,3}



Contact with animals

Avoid contact with pet faeces and urine
Use protective gloves and wash your hands thoroughly when you finish cleaning up after your pet^{2,3}



Protect yourself

Protect hands and feet from cuts or burns^{3,4}
Sunscreen can help prevent infections^{4,5}

References

1. National Center for Chronic Disease Prevention and Health Promotion. [Neutropenia and risk for infection](#). Accessed November 2015.
2. Oxford Radcliffe Hospitals. [Coping with the side effects of chemotherapy](#). Accessed March 2016.
3. Lymphoma Association. [Neutropenia – a guide for people with lymphoma](#). Accessed March 2016.
4. Macmillan. [Possible Side Effects Of Chemotherapy](#). Accessed March 2016.
5. McGuffie MJ, et al. *Nanomedicine*. 2016;12:33-4.
6. Crawford J, et al. *Cancer*. 2004;100:228-37.



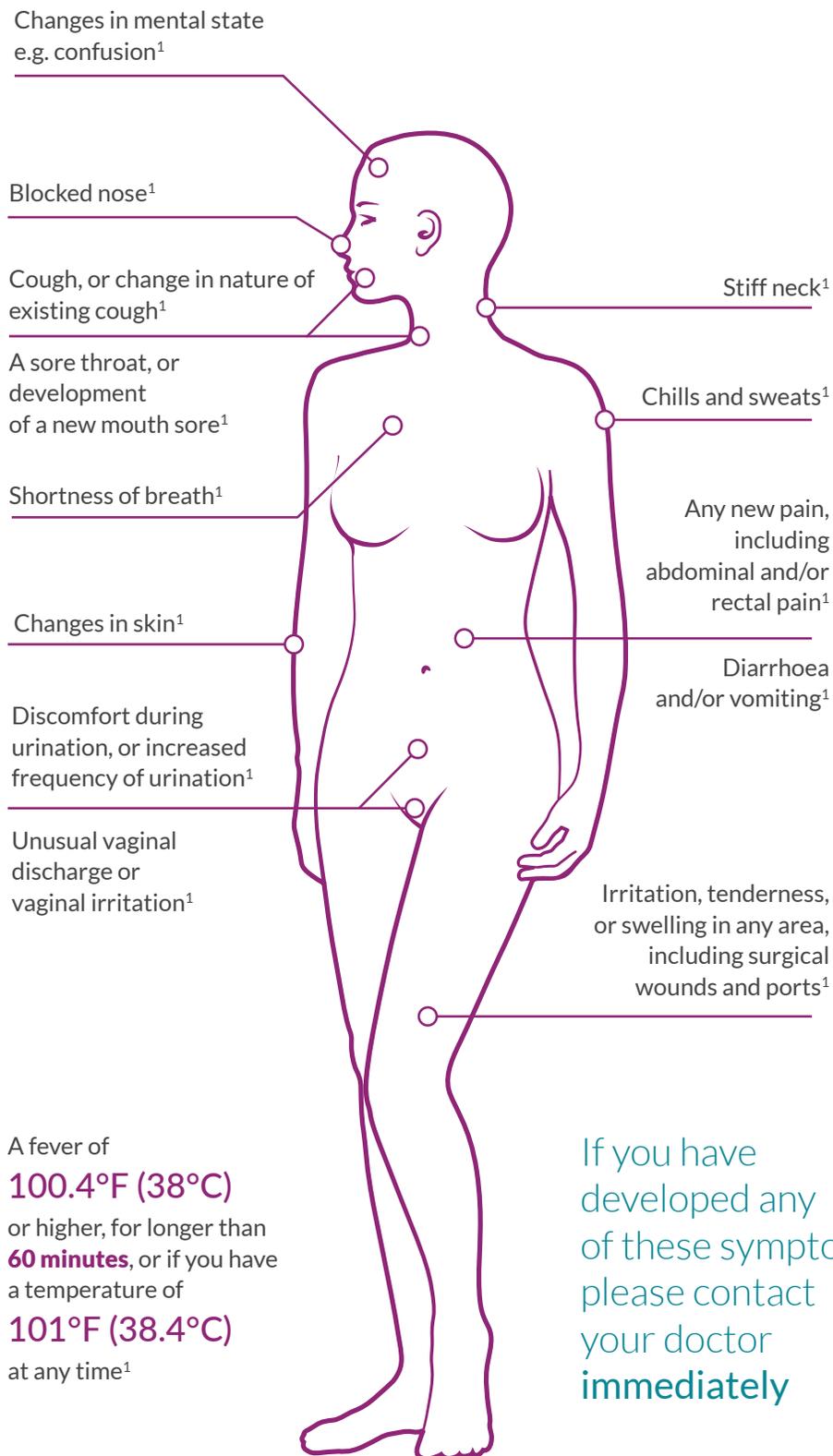
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Recognising the signs and symptoms of infection

Neutropenia often masks the signs and symptoms of infection,⁶ so **be on the lookout for the following indicators:**



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