

## Protecting people who can't fight infections

**A**re you the kind of person who hardly ever gets sick? If so, you're fortunate.

That means your immune system is working well. The immune system is your body's defense against viruses, bacteria and other germs that can cause infection. But millions of people catch infections easily because their immune system doesn't work well. We can all help protect them.



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### Quick facts on immune risks

**1** Even if you don't know it, you may be around people with weak immune systems every day. People with diabetes and cancer, pregnant women and older adults all may have weak immune systems.



**2** When around people at high risk for infections, be extra careful. Make sure they are OK with you being close. If serving food, ask if there is anything they cannot eat, as some foods can be dangerous for people with weak immune systems.

**3** Stay up on your vaccinations. It protects you from getting sick and also prevents you from spreading disease.

**4** Wash your hands when around people with weak immune systems. That includes babies, who aren't strong at fighting off disease right after they are born.

**5** Mask up. If an outbreak occurs, grab a mask. Do this especially if you are caring for a friend or loved one who has a weakened immune system. Wear a mask, especially when you are indoors.



>> For more on preventing infections for yourself and others, visit [www.cdc.gov](http://www.cdc.gov)