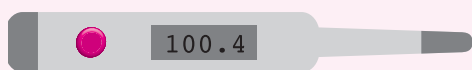


ARE YOU GETTING CHEMO FOR BREAST CANCER? HELP LOWER YOUR RISK OF GETTING AN INFECTION

Having breast cancer and going through treatment is extremely stressful, but you've got this. Take a deep breath, and read on to arm yourself with facts that will help you.

1 Take Your Temperature Often



A fever is sometimes the only sign of an infection.

Contact your doctor or nurse immediately if you have a temperature of 100.4 or higher, even if it's after hours.

WHY CHEMOTHERAPY?

Breast cancer is treated in several ways, and often with more than one kind of treatment. Treatment depends on the kind of breast cancer and how far it has spread.

If you are receiving chemotherapy, your medical team believes it can help cure or control your disease or ease your discomfort.

WHAT YOU SHOULD KNOW ABOUT CHEMO

Chemotherapy, while effective for killing cancer cells, can also kill your healthy white blood cells, weakening your immune system (sometimes called neutropenia) and increasing your risk of getting an infection.

A low white blood cell count or an infection can affect whether your chemotherapy can continue on schedule.

2 Clean Your Hands Often

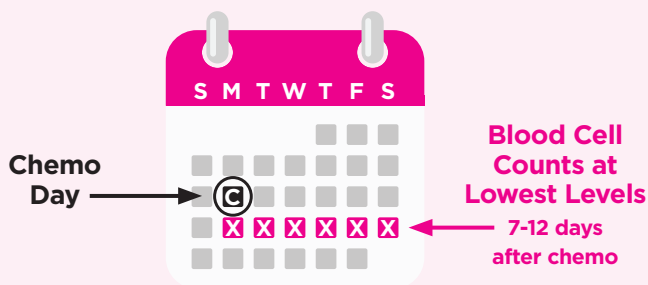


You and anyone who comes around you should clean their hands often. Don't be afraid to ask people to clean their hands.

Use soap and water to wash your hands. If soap and water aren't available, it's OK to use an alcohol-based hand sanitizer.

3 Know When You're At Risk

Ask your medical team when your white blood cell count is likely to be at its lowest since that is when you're most at risk.



In general, starting approximately 7-12 days after each chemotherapy dose, and lasting for 5-7 days, the number of white blood cells in your body will be at its lowest. This period varies slightly depending upon the type of chemotherapy given.

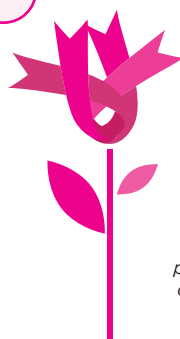
4 Know the Signs of an Infection



Call your doctor's office right away if you notice any symptoms of an infection:

- Fever
- Chills and sweats
- Change in cough or new cough
- Sore throat or new mouth sore
- Shortness of breath
- Nasal congestion
- Stiff neck
- Burning, pain or increased urination
- Unusual vaginal discharge or irritation
- Redness, soreness, or swelling in any area, including surgical wounds and ports
- Diarrhea
- Vomiting
- Pain in the abdomen or rectum

You've got this.



**3 STEPS
TOWARD**
Preventing Infections
During Cancer Treatment
PREPARE • PREVENT • PROTECT

PreventCancerInfections.org

Learn more at:
www.PreventCancerInfections.org
and www.cdc.gov/cancer/breast/

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