

## Preventing Infections and Immunodeficiencies

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The main role of the body's immune system is to defend against infections and other invaders (such as cancer cells), while protecting the body's own cells.

Infections in people with inborn errors of immunity (IEI), which include primary immunodeficiencies (PID), can be severe, persistent, recurrent, and hard to treat due to unusual germs (bacteria, viruses, fungi, and parasites).

The measures below can help to reduce the risk of infections for people with PID/IEI disorders. To maintain good health it is also important to get enough sleep, eat healthy foods, manage stress and exercise regularly.



### ✓ **Get vaccinated**

Vaccination reduces the risk of developing infections and reduces spread of disease.



### ✓ **Wash hands regularly**

It is important to wash hands regularly with soap and water to reduce the spread of infections.



### ✓ **Stay home if unwell and follow regulations**

People who are unwell should stay home and follow health regulations.



### ✓ **Take prescribed treatments**

Some patients with antibody deficiencies may require antibiotic prophylaxis.