



# Safety Tip of the Week

## Tetanus - “Lockjaw”

According to Centers for Disease Control and Prevention (CDC), Tetanus is an infection caused by bacteria called *Clostridium tetani* (*C. tetani*) that are found in the environment. Tetanus is an uncommon but very serious disease that requires immediate treatment in a hospital.

### Signs and Symptoms

Symptoms typically occur between 3 and 21 days (average 8 days) after exposure.

The first sign is most commonly spasms of the jaw muscles, or "lockjaw."

Other symptoms can include, trouble swallowing, sudden, involuntary muscle spasms — often in the stomach, painful muscle stiffness all over the body, seizures (jerking or staring), headache, fever and sweating, and changes in blood pressure and heart rate.

### Complications

Tetanus can cause serious health problems, including laryngospasm (uncontrolled tightening of the vocal cords), fracture (broken bone), pulmonary embolism (blockage in lungs caused by a blood clot), aspiration pneumonia (lung infection from inhaling spit or vomit), and breathing difficulty.

Tetanus can lead to death (1 in 10 cases in the United States are fatal).

### INCREASED RISK FOR INFECTION DUE TO... Vaccination Status

Infants, children, and adults who have never received a tetanus vaccine are at increased risk. Similarly, people who are not up to date with their 10-year tetanus booster shots are also at increased risk.

***MAKE SURE YOU GET YOUR VACCINATION FOR TETANUS!!***

