



TOXIC SHOCK SYNDROME

Half of all Toxic Shock Syndrome (TSS) cases are caused by **tampon use**, it is still believed that the tampon can cause Toxic Shock because they provide a warm, moist environment for the bacteria. It is important to wash your hands before and after using a tampon, change tampons frequently and if possible use the lowest absorbency possible for your flow.

Toxic Shock Syndrome is a rare **life-threatening bacterial infection**. It occurs when the bacteria responsible – Staphylococcus aureus and Streptococcus pyogenes, which normally lie harmlessly on the skin – invade the body's bloodstream and releases poisonous toxins. Fortunately, Toxic Shock Syndrome occurs extremely infrequently.

Around **40 people in the UK are affected every year**. Two to three of these people will die from Toxic Shock Syndrome.

If Toxic Shock Syndrome is diagnosed and treated early with antibiotics, there is a good chance for recovery.

Symptoms can include: vomiting, a sudden red rash, usually on the face or the vulva on females, dizziness, feeling faint or fainting, sudden fever, confusion, muscle aches, diarrhoea, low blood pressure and sore throat.

If someone believes they may have the above symptoms it is important to **seek medical help**.

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