



Toxic Shock Syndrome



What is it?

Toxic Shock Syndrome (TSS) is a rare but life threatening illness usually caused by an infection of staphylococcus aureus

This infection can happen in both men and women, but it is more likely in women. This is from the use of tampons in the vagina.



Risk Factors:

- Skin wounds
- Surgery
- Use of tampons or other devices (I.E. menstrual cups)

Prevention:

- Use lowest absorbency tampons that's possible
- Change tampons frequently
- If previous TSS, avoid use of tampons

Signs and Symptoms



- High fever and chills
- Flu like symptoms
- Hypotension
- Vomiting and diarrhea
- Redness of eyes, mouth, and throat
- Petechia
- Rash that resembles sunburn



Diagnostic Studies

- Urine or blood samples
- Throat swab

(Mayo Clinic, 2022)

Treatment options

- Antibiotics
- Pain medication
- Perineal hygiene
- IV fluids
- Medication to stabilize low BP

Mayo Foundation for Medical Education and Research. (2022, March 23). **Toxic shock syndrome.** Mayo Clinic. <https://www.mayoclinic.org/diseases-conditions/toxic-shock-syndrome/symptoms-causes/syc-20355384>

Linnard-Palmer, L., & Coats, G. H. (2021). Safe maternity and pediatric nursing care. F.A. Davis.