GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

When infections and illnesses don't improve, ask your doctor or nurse, **"Could this infection be leading to sepsis?"**

Infections put you and your family at risk for sepsis.

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly cause tissue damage, organ failure, and death.

Sepsis happens when an infection you already have— in your skin, lungs, urinary tract or somewhere else— triggers a chain reaction throughout your body.

WHO IS AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis. Certain people are at higher risk:

- Adults 65 or older
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

The most frequently identified germs that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

HOW CAN I GET AHEAD OF SEPSIS?

1. Talk to your doctor or nurse about steps you can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
2. Practice good hygiene, such as handwashing, and keeping cuts clean until healed.
3. Know the symptoms of sepsis.
4. ACT FAST. Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

WHAT ARE THE SYMPTOMS?

There is no single symptom of sepsis. Symptoms of sepsis can include a combination of any of the following:

CONFUSION OR DISORIENTATION

SHORTNESS OF BREATH

HIGH HEART RATE

FEVER, OR SHIVERING, OR FEELING VERY COLD

EXTREME PAIN OR DISCOMFORT

CLAMMY OR SWEATY SKIN

Sepsis is a medical emergency. Time matters.

To learn more about sepsis and how to prevent infections, visit **www.cdc.gov/sepsis**.

CDC — CENTERS FOR DISEASE CONTROL AND PREVENTION