

FOR PATIENTS AND FAMILIES

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

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

It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.



How can I get ahead of sepsis?

1. Talk with 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 and covered 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.**

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

