

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 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.

Sepsis is a medical emergency. Time matters. If you or your loved one suspects sepsis or has an infection that's not getting better or is getting worse, **ask your doctor or nurse, "Could this infection be leading to sepsis?"**

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



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FOR PATIENTS AND FAMILIES

IT'S TIME TO TALK ABOUT SEPSIS.

Infections put you and your family at risk for a life-threatening condition called sepsis.

**GET AHEAD
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.



More than **1.5 million** people get sepsis each year in the U.S.

At least **250,000** Americans die from sepsis each year.

WHAT ARE THE SYMPTOMS?

Symptoms of sepsis can include any one or a combination 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

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to 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.

WHAT CAUSES SEPSIS?

When germs get into a person's body, they can cause an infection. If that infection isn't stopped, it can cause sepsis.

WHO IS AT RISK?

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

- 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*.