

Sepsis is a Medical Emergency

AWARENESS!

THE SIGNS OF SEPSIS*

Shivering
Extrême pain
Pale skin
Sleepiness
'I feel like I might die'
Shortness of breath



WHAT IS SEPSIS?

Germs cause an infection that can enter your bloodstream and, if not stopped, **can lead to sepsis**. Sepsis is the body's extreme response to an infection, causing your organs to shut down one by one and can be deadly.

Those at highest risk for sepsis are:

- Children less than one year old
- Elderly greater than 60 years old
- Those with chronic conditions or weak immune systems
- Those with wounds or surgical incisions

WAYS TO PREVENT SEPSIS

- ✓ Wash your hands often and keep cuts and wounds clean to prevent infection
- ✓ Stay up to date on all vaccinations
- ✓ Know the signs of sepsis
- ✓ **ACT FAST** if you have an infection or wound that is not getting better or is getting worse

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TIME MATTERS

It's a race against the clock!



Sepsis is treatable with antibiotics if caught in time. The more time you spend without antibiotics, the less time you have to fight for your life.

Get medical care immediately and ask your health care provider "Could my infection be leading to sepsis?"

LIFE AFTER SEPSIS

More patients are surviving sepsis but many suffer from new problems:

- ✓ Memory loss
- ✓ Anxiety or depression
- ✓ Weakness and difficulty with routine tasks
- ✓ Difficulty sleeping
- ✓ Recurrent infection
- ✓ Medical setbacks from chronic conditions of the heart, lung or kidney



HOW CAN I HELP MYSELF RECOVER?

- Set small goals for yourself—like bathing
- Rest to rebuild your strength
- Eat a balanced diet
- Exercise as you feel up to it—like walking
- Surveillance helps
 - ✓ Watch for signs of new or repeat infection
 - ✓ Take your temperature twice a day

LEARN MORE: www.cdc.gov/sepsis

*Sepsis Alliance at www.sepsis.org

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