

STOP SEPSIS!



KNOW THE SIGNS OF
SEPSIS + **ACT FAST**

SIGNS OF SEPSIS*

- S**hivering
- E**xtrême pain
- P**ale skin
- S**leepiness
- 'I feel like I might die'**
- S**hortness of breath



SEPSIS SURVIVORS ARE AT RISK

- Cognitive impairment – forgetfulness, concentration
- Anxiety and depression
- Health deterioration
- Chronic disease management
- Immunosuppression
- **Readmission within 30 days, often with another infection**
- Decreased quality of life
- Early mortality



ASSESS THE SEPSIS SURVIVOR

- ✓ Watch for changes in mood
- ✓ Discuss good nutrition – give examples
- ✓ Discuss hydration – encourage water
- ✓ Monitor if medications are being taken as prescribed
- ✓ Watch for changes in open skin areas
- ✓ Observe for functional, cognitive or medical decline
- ✓ Listen to the patient

PATIENT KNOWS ACTION PLAN

- Call 911 or
- Go to an emergency department or urgent care site

EMPHASIZE INFECTION PREVENTION

- ✓ Hand hygiene
- ✓ Wound care
- ✓ Vaccinations

LEARN MORE: www.cdc.gov/sepsis

*Sepsis Alliance at www.sepsis.org

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logo
here

SEPSIS IS A MEDICAL EMERGENCY

