#### SEPSIS Fact Sheet:

## **Home Care Staff**

# **STOP SEPSIS!**



## KNOW THE SIGNS OF SEPSIS + ACT FAST

### SIGNS OF SEPSIS\*

<u>S</u>hivering Extreme pain

Pale skin

Sleepiness



#### 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

Add logo here

'I feel like I might die'

Shortness of breath

#### **SEPSIS IS A MEDICAL EMERGENCY**





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