

Sepsis: Every Minute Counts!

What is sepsis?

- It is the body's overwhelming and life-threatening response to an infection
- It can be caused by any infection, anywhere in your body
- It is a serious condition that can lead to organ failure and death
- It is a MEDICAL EMERGENCY

How do I know if I have sepsis?

There is no single sign or symptom of sepsis – it is a combination of symptoms. Early signs can include an infection (suspected or confirmed) PLUS:

- fever or feeling chilled
- confusion or sleepiness
- fast heart rate
- fast breathing or shortness of breath
- extreme pain
- pale or discolored skin

People usually have more than one of these symptoms.

What should I do if I think I have sepsis?

- Call your doctor or go immediately to the emergency department if you have any signs or symptoms of sepsis
- Be sure to tell your doctor or the medical staff that you are “concerned about sepsis”

What should I expect if I have sepsis?

- If sepsis is caught early, you have a good chance of survival and of avoiding long-term health problems
- People with sepsis are usually treated in the hospital
- Doctors will treat your infection with antibiotics as quickly as possible
- You will probably be given antibiotics and fluids through an IV

Early recognition improves survival rates and avoids complications due to sepsis.

