

PROTECT YOUR RESIDENTS FROM SEPSIS.

GET AHEAD
OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Sepsis is a medical emergency. You play a critical role. Protect your residents by **ACTING FAST**.

Infections put your residents at risk for a life-threatening condition called sepsis. Anyone can get an infection, and **almost any infection, including COVID-19, can lead to sepsis**. Sepsis is the body's extreme response to an infection. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. **With your fast recognition, most residents survive.**

WHAT CAUSES SEPSIS?

Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

Infections that lead to sepsis most often start in the:



Lung



Urinary tract



Skin



Gastrointestinal tract

WHO IS AT RISK?

Anyone can develop sepsis, but some people are at higher risk for sepsis:

65+

Adults 65 or older



People with weakened immune systems



People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease



People with recent severe illness or hospitalization, including due to severe COVID-19



People who survived sepsis



Children younger than one

WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

A resident with sepsis might have one or more of the following signs or symptoms:



High heart rate or low blood pressure



Fever, shivering, or feeling very cold



New onset or increased confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

Residents with sepsis should be urgently evaluated and treated by a healthcare professional.

SEPSIS STATS Each year:

About
1.7 MILLION
adults in America
develop sepsis.

At least
350,000
adults who develop sepsis die
during their hospitalization or
are discharged to hospice.

1 IN 3 PATIENTS
who dies in a hospital
had sepsis during
that hospitalization.

Sepsis, or the infection causing
sepsis, starts before a patient
goes to the hospital in nearly

87% OF CASES

HOW CAN I GET AHEAD OF SEPSIS?

As a long-term care certified nurse assistant, you can:

- **Know sepsis signs and symptoms** to identify residents early and get them immediate treatment.
- **ACT FAST** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, communicating signs and symptoms of infection to the healthcare professional overseeing care of the resident, cleaning and disinfection) and ensuring residents receive recommended vaccines.
- **Educate your residents and their families about:**
 - Preventing infections
 - Keeping cuts and wounds clean until healed
 - Managing chronic conditions

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- Recognizing early signs and symptoms of worsening infection and sepsis and seeking immediate care if signs and symptoms are present

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- **Know your facility's existing guidance for diagnosing and managing sepsis.**
- **Immediately alert the healthcare professional overseeing care of the resident.**
- **Check resident progress frequently.** Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs and often antibiotics. Early and frequent reassessment of residents with sepsis should be undertaken to determine the appropriate duration and type of therapy.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis or call **1-800-CDC-INFO**.

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