HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs and symptoms** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families** about:
  - Preventing infections.
  - Keeping cuts clean and covered until healed.
  - Managing chronic conditions.
  - Recognizing early signs and symptoms of worsening infection and sepsis and seeking immediate care if present.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

Know your facility's existing guidance for diagnosing and managing sepsis.

- **Immediately alert the clinician in charge if it is not you.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for the patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy within 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Sepsis is a medical emergency. Protect your patients by acting fast. Your fast recognition and treatment can increase your patients' chances of survival.

Learn more about sepsis and how to prevent infections: **www.cdc.gov/sepsis**.
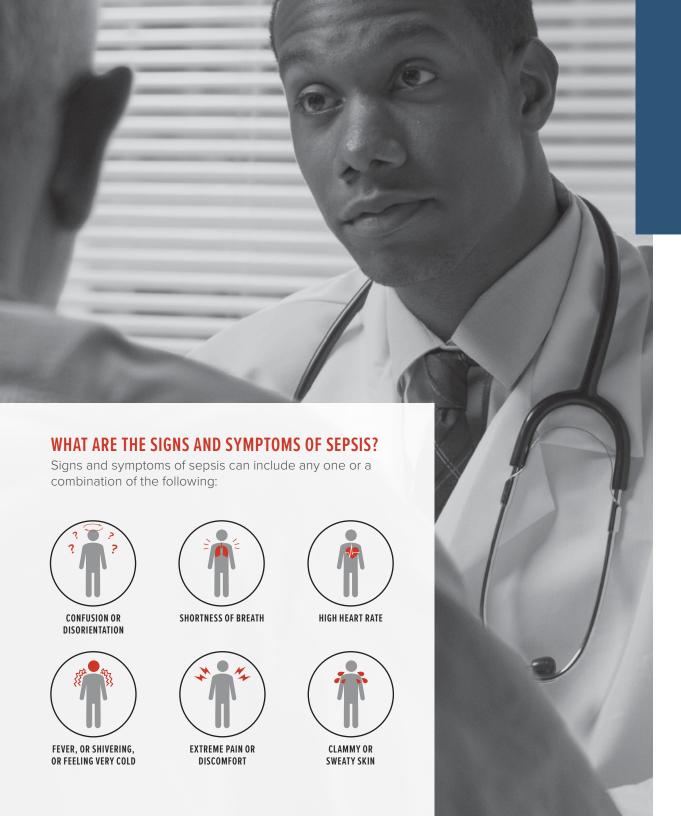
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PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and symptoms and, when suspected, act fast.

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

WHAT CAUSES SEPSIS?

Almost any type of infection can trigger sepsis. Four types of infections that are often linked with sepsis are lung, urinary tract, skin, and gut.

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

WHO IS AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis. Some people are at higher risk of infection and sepsis:

- Adults 65 or older
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

Signs and symptoms of sepsis can include any one or a combination of the following:

CONFUSION OR DISORIENTATION

SHORTNESS OF BREATH

HIGH HEART RATE

FEVER, OR SHIVERING, OR FEELING VERY COLD

EXTREME PAIN OR DISCOMFORT

CLAMMY OR SWEATY SKIN