

PROTECT YOUR PATIENTS FROM SEPSIS.

GET AHEAD
OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Infections put your patients at risk for sepsis. Your fast recognition and treatment can increase your patients' chances of survival.

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

SEPSIS STATS

Anyone can get an infection, and almost any infection, including COVID-19, can lead to sepsis. In a typical year:

At least
1.7 MILLION
adults in America
develop sepsis.

Nearly
270,000
Americans die as a result
of sepsis.

1 IN 3 PATIENTS
who dies in a hospital
has sepsis.

Sepsis, or the infection causing
sepsis, starts outside of the
hospital in nearly

87% OF CASES.

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. 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*. SARS-CoV-2, the virus that causes COVID-19, can have a similar presentation and a similar clinical course to some forms of sepsis. Many patients who require hospitalization for COVID-19 meet the definition of sepsis, such as those who require assistance with breathing.

Infections that lead to sepsis most often start in the:



Lung



Urinary tract



Skin



Gastrointestinal
tract

WHO IS AT RISK?

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



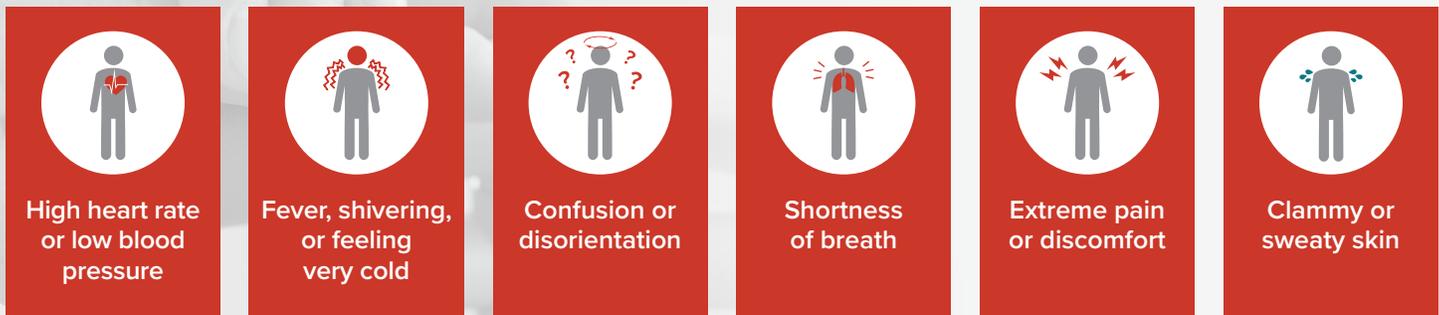
Sepsis
Survivors



Children
younger
than one

WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

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



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

HOW CAN I GET AHEAD OF SEPSIS?

As a healthcare professional you 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, appropriate catheter management) 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 signs and symptoms are present

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

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.** Once the specific cause of sepsis is known, such as a positive test for COVID-19, therapy can be targeted, and empiric broad-spectrum antibiotics might not be needed.
- **Check patient progress frequently.** Always remember to prescribe the right antibiotic, at the right dose, for the right duration, and at the right time. Reassess antibiotic therapy to stop or tailor treatment based on the patient's clinical condition and diagnostic test results as appropriate.

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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