

Protect your patients from **sepsis**.

How can I **get ahead of sepsis**?

- **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 and wounds clean and covered until healed.
 - Managing chronic conditions.
 - Recognizing early signs and symptoms of worsening infection and sepsis.
 - Seeking immediate care if signs and symptoms are present.

What should I do if I **suspect sepsis**?

- **Know your facility's guidance for diagnosing and managing sepsis.**
- **Immediately alert the healthcare professional overseeing care of the patient if it is not you.**
- **Antibiotics, as well as other therapies appropriate for the patient, need to be started as soon as possible.**
- **Check patient progress frequently.** Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs.



Sepsis is a medical emergency.

You play a critical role.

Protect your patients by **acting fast.**

With your fast recognition and treatment, most patients survive.



**GET AHEAD
OF SEPSIS**

KNOW THE RISKS.
SPOT THE SIGNS.
ACT FAST.

Who is at risk for sepsis?

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 conditions, such as diabetes, lung disease, cancer, and kidney disease



People with recent severe illness, surgery, or hospitalization



People who survived sepsis



Children younger than one



People who are pregnant or post-partum

What are the signs and symptoms of sepsis?

A patient 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



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

You should immediately evaluate and treat patients who might have sepsis.

What causes sepsis?

Infections put your patients at risk for sepsis. Bacterial infections cause most cases of sepsis. The most frequently identified bacterial pathogens among people with sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep). 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, or gastrointestinal tract.



Lung



Urinary tract



Skin



Gastrointestinal tract

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Learn more at
cdc.gov/sepsis

