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GET AHEAD OF 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.



**Who is at risk for sepsis?**

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

- 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.

**To assemble the pocket guide:**

1. Print landscape on 8.5x11 paper
2. Cut along the perforated line
3. Fold in half vertically (top to bottom)
4. Fold in half horizontally (left to right)