

4 WAYS TO GET AHEAD OF SEPSIS

**GET AHEAD
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Infections put you and your loved ones at risk for a life-threatening condition called sepsis.

Sepsis is the body's extreme response to an infection. It is a medical emergency, and without timely treatment, it can rapidly cause tissue damage, organ failure, and death. Sepsis happens when an infection you already have — in your skin, lungs, urinary tract, or somewhere else — triggers a chain reaction throughout your body.

Anyone can get an infection, and almost any infection can lead to sepsis.

1 | PREVENT INFECTIONS

Talk to your doctor or nurse about steps you can take to prevent infections.



Take good care of chronic conditions



Get recommended vaccines

2 | PRACTICE GOOD HYGIENE

Remember to wash your hands and keep cuts clean.



Handwashing



Keep cuts clean until healed.

3 | KNOW THE SYMPTOMS

Symptoms can include a combination of any of these:



Confusion or disorientation



Shortness of breath



High heart rate



Fever, or shivering, or feeling very cold



Extreme pain or discomfort



Clammy or sweaty skin

4 | ACT FAST

Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

Always remember, sepsis is a medical emergency. Time matters.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.