What is Sepsis ⇒ The body’s overwhelming response to infection, which can lead to tissue damage, organ failure, amputations and death.

Who it Hurts ⇒ Sepsis is an equal-opportunity killer impacting people of all ages and levels of health.

Spot the Signs ⇒ An infection with any combination of the following symptoms could mean sepsis:

- Confusion or disorientation
- Fever, shivering or feeling cold
- Fast heart rate
- Extreme pain or discomfort
- Shortness of breath
- Clammy or sweaty skin

Act fast if you suspect sepsis. Seek medical care immediately! Call your healthcare provider. Say “I suspect sepsis.”

Do your part... Protect, Prevent and Preserve

- Cover your cough
- Wash your hands
- Stay up-to-date with immunizations
- Stay home when sick
- Take antibiotics responsibly
- Lives depend on it
**Signs of Infection and Sepsis at Home**

- My heartbeat is as usual. Breathing is normal for me.
- I have not had a fever in the past 24 hours and am not taking medicine for a fever.
- I do not feel chilled.
- My energy level is as usual.
- My thinking is clear.
- I feel well.
- I have taken my antibiotics as prescribed.
- I have a wound or IV site, it is not painful, red, draining pus or smelling bad.
- My energy level is as usual.
- My breathing is a bit more difficult and faster than usual.
- I have a fever between 100F and 101.4F.
- I feel chilled and cannot get warm. I am shivering or my teeth are chattering.
- I do not feel well.
- I feel confused or not thinking clearly.
- I am too tired to do most of my usual activities.
- I have a bad cough or my cough has changed.
- How often I urinate has changed. When I do urinate, it burns, is cloudy or smells bad.
- My wound or IV site has changed.
- My heartbeat is very fast.
- My breathing is very fast and more difficult.
- My temperature is below 96.8F. My skin or nails are pale or blue.
- My fever is 101.5F or more.
- I have not urinated for 5 or more hours.
- I am very tired. I cannot do my usual activities.
- My caregivers tell me I am not making sense.
- I feel sick.
- My cough is much worse.
- My wound or IV site is painful, red, smells bad or has pus.

**Doing Great!**
No action is needed.

**Take action NOW!**
Call your healthcare provider.

**Take action NOW!**
Call your healthcare provider. Say “I suspect sepsis.”

Source: Sepsis Alliance, sepsis.org; Centers for Disease Control and Prevention (CDC), cdc.gov; and atom Alliance, atomalliance.org

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