

# Sepsis

**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**



**Fast heart rate**



**Shortness of breath**



**Fever, shivering or feeling cold**



**Extreme pain or discomfort**



**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 heartbeat is faster than 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.

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