

# SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

## WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is **LIFE-THREATENING** and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

It can be caused by an infection that started in a paper cut, or a larger infection, like pneumonia or meningitis.

## WHO IS AT RISK?

Anyone can get an infection and almost any infection can lead to sepsis. While sepsis is more likely to affect very young children, older adults, people with chronic illnesses, and those with weakened immune systems, sepsis is an **EQUAL-OPPORTUNITY KILLER**, affecting people of all ages and levels of health.

## WHAT ARE THE SYMPTOMS?

When it comes to sepsis, remember:

**IT'S ABOUT T.I.M.E.** Watch for:



### TEMPERATURE

that's abnormal (higher or lower)



Signs of an **INFECTION**



### MENTAL DECLINE

Confused, sleepy, difficult to rouse



### EXTREMELY ILL

"I feel like I might die,"  
severe pain or discomfort



The risk of death from sepsis increases by as much as

**8% for every hour**

that treatment is delayed.

## -WHAT YOU CAN DO TO HELP- PREVENT SEPSIS



### GET VACCINATED

Vaccinations can help make you immune to viruses, such as influenza and pneumonia, which can lead to sepsis.



### WASH YOUR HANDS

Remember to wash your hands frequently and thoroughly. Good hand hygiene can prevent and control the spread of many illnesses that could cause sepsis.



### TAKE CHARGE OF YOUR HEALTH

If you or your loved one suspect sepsis or have an infection that's not getting better or is getting worse, ask your doctor or nurse, "**Could this infection be leading to sepsis?**"

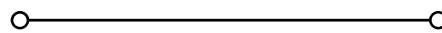
**270,000**

DEATHS IN THE UNITED STATES

**8,000,000**

DEATHS ACROSS THE GLOBE

**EACH YEAR**



**3rd leading cause of DEATH**



in the United States

