GET AHEAD OF SEPSIS

FOR PATIENTS AND FAMILIES

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

Each year, at least **1.7 million adults** in America develop sepsis. Nearly **270,000** Americans die as a result of sepsis. **1 in 3** patients who dies in a hospital has sepsis.
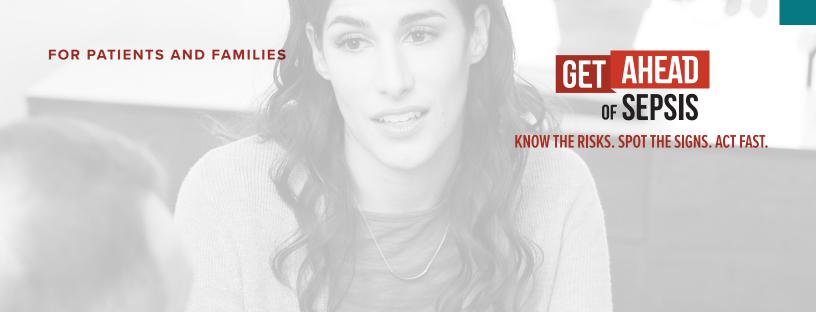
WHAT IS SEPSIS?

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

Sepsis is a complication of an infection that can be contagious, but sepsis is not itself contagious. Most sepsis is caused by bacterial infections, but it can be a complication of other infections, including viral infections, such as COVID-19 or influenza.

WHO IS AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis. Some people are at higher risk:

- Adults 65 or older
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Sepsis survivors
- Children younger than one

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

HOW CAN I GET AHEAD OF SEPSIS?

As a patient, specific steps can be taken to reduce your risk of sepsis, including caused by COVID-19, such as:

1 | TALK TO YOUR HEALTHCARE PROFESSIONAL

about steps you can take to prevent infections that can lead to sepsis. Some steps include taking good care of chronic conditions and getting recommended vaccines.

2 | PRACTICE GOOD HYGIENE

such as handwashing and keeping cuts clean and covered until healed.

3 | KNOW 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

A medical assessment is needed to confirm sepsis.

4 | ACT FAST.

Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, ACT FAST. Get medical care IMMEDIATELY either in-person, or at minimum, through telehealth services. Ask your healthcare professional, "Could this infection be leading to sepsis?" and if you should go to the emergency room for medical assessment.

To learn more about sepsis and how to prevent infections, visit **www.cdc.gov/sepsis** or call **1-800-CDC-INFO.**

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