**You have the power to prevent and recognize sepsis in patients.**

**PREVENT AND EDUCATE.**

Educate your patients about:

* The **early symptoms** of severe infection and sepsis.
* **Taking care of chronic illnesses** to help prevent infections.
* **Infection prevention** measures, such as **hand hygiene** and **vaccination** against infections.
* **When to seek care for an infection**, especially for patients at higher risk (e.g., adults over 65, infants under 1, and patients with chronic illnesses, weaker immune systems, or indwelling medical devices).

**SUSPECT.**

One or more of the following signs may indicate sepsis:

* Shivering, fever, or very cold
* Extreme pain or discomfort
* Clammy or sweaty skin
* Confusion or disorientation
* Short of breath
* High heart rate

Common infections can lead to sepsis. Among adults with sepsis:

* 35% had a lung infection (e.g., pneumonia)
* 25% had a urinary tract infection (e.g., kidney infection)
* 11% had a type of gut infection
* 11% had a skin infection

**ACT FAST.**

If you suspect sepsis, start antibiotics and other medical care immediately. Act fast to make sure the patient is treated right away. Every minute matters.

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