

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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