

Sepsis is an extreme response to an infection that includes vital organ damage. Sepsis is life-threatening, especially if it is not treated and moves to its late stage—septic shock.

You can't catch sepsis from someone else. It happens inside your body, when an infection you already have—like in your skin, lungs, or urinary tract—triggers a chain reaction throughout your body resulting in organ damage.

It's important to seek medical help as soon as possible if you think you have it.