

HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs and symptoms** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families about:**
 - Preventing infections.
 - Keeping cuts clean and covered until healed.
 - Managing chronic conditions.
 - Recognizing early signs and symptoms of worsening infection and sepsis and seeking immediate care if present.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

Know your facility's existing guidance for diagnosing and managing sepsis.

- **Immediately alert the clinician in charge if it is not you.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for the patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy within 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Sepsis is a medical emergency. Protect your patients by acting fast. Your fast recognition and treatment can increase your patients' chances of survival.

Learn more about sepsis and how to prevent infections:
www.cdc.gov/sepsis.



PubNo. 300421

FOR HEALTHCARE PROFESSIONALS

PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and symptoms and, when suspected, act fast.

**GET AHEAD
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.



More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly 270,000 Americans die from sepsis each year.

One in three patients who die in a hospital have sepsis.

WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

Signs and symptoms of sepsis can include any one or a combination of the following:



CONFUSION OR
DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING,
OR FEELING VERY COLD



EXTREME PAIN OR
DISCOMFORT



CLAMMY OR
SWEATY SKIN

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

WHAT CAUSES SEPSIS?

Almost any type of infection can trigger sepsis. Four types of infections that are often linked with sepsis are lung, urinary tract, skin, and gut.

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

WHO IS AT RISK?

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

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

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WHO IS AT RISK?

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

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS IN URGENT CARE /
EMERGENCY DEPARTMENTS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

BE ALERT. SUSPECT SEPSIS. SAVE LIVES.

One in three patients who die in a hospital have sepsis.

More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly 270,000 Americans die from sepsis each year.

You can protect your patients by recognizing and treating sepsis quickly.

TIME MATTERS

Sepsis is a medical emergency. Protect your patients by acting fast. Your patients' risk of death increases with delayed recognition and treatment of sepsis.

RECOGNIZE THE SIGNS AND SYMPTOMS AND ACT FAST

Be alert to the signs and symptoms of sepsis. If you suspect sepsis, act fast and initiate care.

Signs and symptoms of sepsis can include any one or a combination of the following:



CONFUSION OR
DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING,
OR FEELING VERY COLD



EXTREME PAIN OR
DISCOMFORT



CLAMMY OR
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To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

- Immediately alert the clinician in charge if it is not you.
- Start antibiotics as soon as possible, in addition to other therapies appropriate for the patient.
- Check patient progress frequently. Reassess antibiotic therapy within 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Know your facility's existing guidance for diagnosing and managing sepsis.



GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

FOR HEALTHCARE PROFESSIONALS IN
HOSPITALS AND HOME CARE

BE VIGILANT. PROTECT YOUR PATIENTS FROM SEPSIS.

More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly 270,000 Americans die from sepsis each year.

Sepsis is a medical emergency. Be alert to the signs and symptoms, and when you suspect sepsis, act fast and initiate care.

SPOT THE SIGNS AND SYMPTOMS

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

It happens when an infection your patient already has—like in their skin, lungs, or urinary tract—triggers a chain reaction throughout their body.

KNOW THE RISKS

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

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

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

PREVENT INFECTIONS AND ACT FAST

You play a critical role. Remember to:

- **Act fast if you suspect sepsis**, or if your patients' infections are not getting better or are getting worse. Signs and symptoms of sepsis can include any one or a combination of the following:



CONFUSION OR
DISORIENTATION



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- **Prevent infections** by following infection practices (e.g. hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Ensure patients' cuts are kept clean and covered until healed.**



GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

FOR HEALTHCARE PROFESSIONALS
IN LONG-TERM CARE

BE VIGILANT. PROTECT YOUR RESIDENTS FROM SEPSIS.

More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly 270,000 Americans die from sepsis each year.

Sepsis is a medical emergency. Protect your residents by acting fast. Your fast recognition and treatment can increase your patients' chances of survival.

SPOT THE SIGNS AND SYMPTOMS

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

It happens when an infection your resident already has—like in their skin, lungs, or urinary tract—triggers a chain reaction throughout their body.

KNOW THE RISKS

Anyone can get an infection, and almost any infection can lead to sepsis. Adults 65 or older are at an increased risk of developing infections that can lead to sepsis. Sepsis also more commonly occurs in:

- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

PREVENT INFECTIONS AND ACT FAST

You play a critical role. Remember to:

- **Act fast if you suspect sepsis**, or if your residents' infections are not getting better or are getting worse. Signs and symptoms can include any one or a combination of the following:



CONFUSION OR
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- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring residents receive recommended vaccines.
- **Ensure residents' cuts are kept clean and covered until healed.**



GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOUR PATIENTS FROM SEPSIS.

More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly **270,000** Americans die from sepsis each year.

Your patients are counting on you. Educate them about how to prevent infections, what signs and symptoms to look for, and when to seek medical care for possible sepsis.

KNOW THE RISKS

Anyone can get an infection, and almost any infection can lead to sepsis. Certain patients are at increased risk for developing sepsis:

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

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

YOU PLAY A CRITICAL ROLE

Talk to your patients and their families about the signs and symptoms of sepsis and the need to seek immediate care if they suspect sepsis.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

PREVENT AND EDUCATE

Educate your patients and their families so they can:

- Recognize the signs and symptoms of severe infection and sepsis. There is no single sign or symptom of sepsis. Signs and symptoms can include any one or a combination of the following:



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- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- Take steps to prevent infections, such as caring for chronic conditions.
- Seek medical care when an infection is not getting better or is getting worse.

Prevent infections

- Follow infection control practices (e.g., hand hygiene, catheter removal) and ensure patients receive recommended vaccines.



PROTECT YOUR PATIENTS FROM SEPSIS.

GET AHEAD
OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Infections put your patients at risk for sepsis. Be alert to the signs and symptoms, and when suspected, act fast.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

SEPSIS STATS

More than
1.7 MILLION
adults develop sepsis each year in the U.S.

Nearly
270,000
Americans die from sepsis each year

About
1 IN 3 PATIENTS
who die in a hospital have sepsis

WHAT CAUSES SEPSIS?

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus*.

Four types of infections that are often linked with sepsis:



Lungs
(e.g., pneumonia)



Urinary tract
(e.g., kidney)



Skin



Gut

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

65+

Adults 65 or older



People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease



People with weakened immune systems

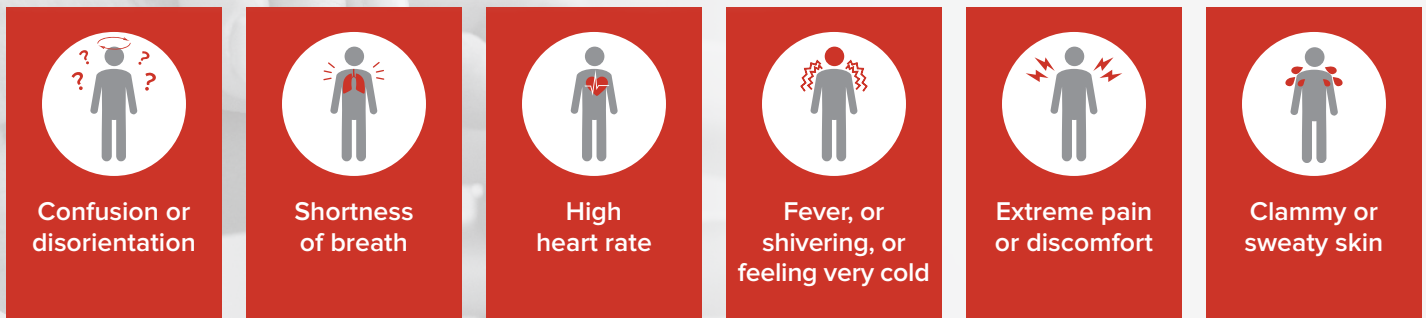


Children younger than one

WHO IS AT RISK?

WHAT ARE THE SIGNS AND SYMPTOMS OF SEPSIS?

Signs and symptoms can include any one or a combination of the following:



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WHAT SHOULD I DO IF I SUSPECT SEPSIS?

Know your facility's existing guidance for diagnosing and managing sepsis.

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Learn more about sepsis and how to prevent infections:
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KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.



Be alert. Suspect sepsis. Save lives.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

WHAT ARE THE SIGNS OF SEPSIS?

Signs of sepsis can include any one or a combination of the following:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, or shivering, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin

Anyone can get an infection, and almost any infection can lead to sepsis.

Some people are at higher risk of infection and sepsis:

- Adults 65 or older
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
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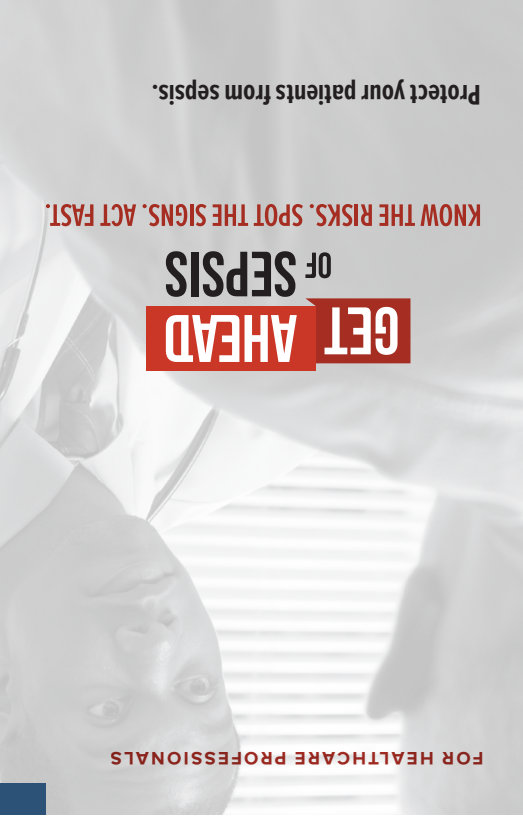
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To assemble the pocket guide:

1. Print landscape on 8.5x11 paper
2. Cut along the perforated line
3. Fold in half vertically (top to bottom)
4. Fold in half horizontally (left to right)



Protect your patients from sepsis.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

WHO IS AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis.

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PubNo. 00423



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FOR HEALTHCARE PROFESSIONALS IN
URGENT CARE / EMERGENCY DEPARTMENTS

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BE ALERT. SUSPECT SEPSIS. SAVE LIVES.

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Time matters.

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.



PubNo. 300430

FOR HEALTHCARE PROFESSIONALS

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOUR PATIENTS FROM SEPSIS.

Your patients are counting on you.

Educate them about:

- How to prevent infections
- What signs to look for
- When to seek medical care for possible sepsis

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.



PubNo. 300424

FOR HEALTHCARE PROFESSIONALS

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- What signs to look for
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CDC Sepsis HCP Materials

The thumbnails included provide a sample of CDC Sepsis materials including:

- Social media graphics
- Paid media assets

Confusion or disorientation

Shortness of breath

High heart rate

Fever, or shivering, or feeling very cold

Extreme pain or discomfort

Clammy or sweaty skin

GET AHEAD
of SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

“How can I prevent infections that can lead to sepsis?”

GET AHEAD
of SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOUR PATIENTS FROM SEPSIS.

GET AHEAD
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SEPSIS IS A MEDICAL EMERGENCY.

BE ALERT TO THE SIGNS AND SYMPTOMS.

LEARN MORE.

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