FOR PATIENTS AND FAMILIES



START THE CONVERSATION TODAY.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Below are questions and answers you can use to start a conversation with your doctor or nurse.



"I want to keep my family safe.

How can I protect them from sepsis?"

- Talk to your doctor or nurse about steps you can take to prevent infections. Some steps include taking good care of chronic conditions and getting recommended vaccines.
- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- Know the symptoms of sepsis.
- ACT FAST. Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

"My elderly father has diabetes. Could he be at higher risk for infections that can lead to sepsis?"

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

People with chronic conditions such as diabetes, lung disease, cancer, and kidney disease are at higher risk of developing infections that can lead to sepsis. Sepsis almost more commonly occurs in:

- Adults 65 or older
- People with weakened immune systems
- Children younger than one

"I have an infection that doesn't seem to be getting any better. I am concerned this could be leading to sepsis. What can I do to make sure this does not happen?"

Sepsis is a medical emergency. Act fast. Get medical care immediately if you suspect sepsis or have an infection that's not getting better or is getting worse.







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FOR PATIENTS AND FAMILIES

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

If you or your loved one suspects sepsis or has an infection that's not getting better or is getting worse, ask your doctor or nurse, "Could this infection be leading to sepsis?"

Infections put you and your family at risk for a life-threatening condition called sepsis.

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

Sepsis happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

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 conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

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

HOW CAN I GET AHEAD OF SEPSIS?

- Talk to your doctor or nurse about steps you can take to prevent infections. 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 symptoms of sepsis.
- **4.** ACT FAST. Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

WHAT ARE THE SYMPTOMS?

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

Sepsis is a medical emergency. Time matters. To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.





KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

FOR PATIENTS AND FAMILIES

STAY HEALTHY. PROTECT YOURSELF FROM SEPSIS.

Take charge of your health. Chronic conditions, such as diabetes, put you at risk for infections that can lead to a life-threatening condition called sepsis.

It's time to talk about sepsis. Ask your doctor or nurse, "How can I prevent infections?"

WHAT IS SEPSIS?

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AM I AT RISK?

Anyone can get an infection, and almost any infection can lead to sepsis. People with chronic conditions such as diabetes, lung disease, cancer, and kidney disease, are at higher risk of developing infections that can lead to sepsis. Sepsis also more commonly occurs in:

- Adults 65 or older
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PubNo 300409

4 WAYS TO GET AHEAD OF SEPSIS



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

PREVENT INFECTIONS

Talk to your doctor or nurse about steps you can take to prevent infections.





2 PRACTICE GOOD HYGIENE

Remember to wash your hands and keep cuts clean and covered until healed.





3 KNOW THE SYMPTOMS

Symptoms of sepsis can include any one or a combination of these:













4 ACT FAST

Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse.

Sepsis is a medical emergency. Time matters.

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KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOURSELF AND YOUR FAMILY FROM SEPSIS.

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How can I get ahead of sepsis?

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It's time to talk about sepsis. Why?

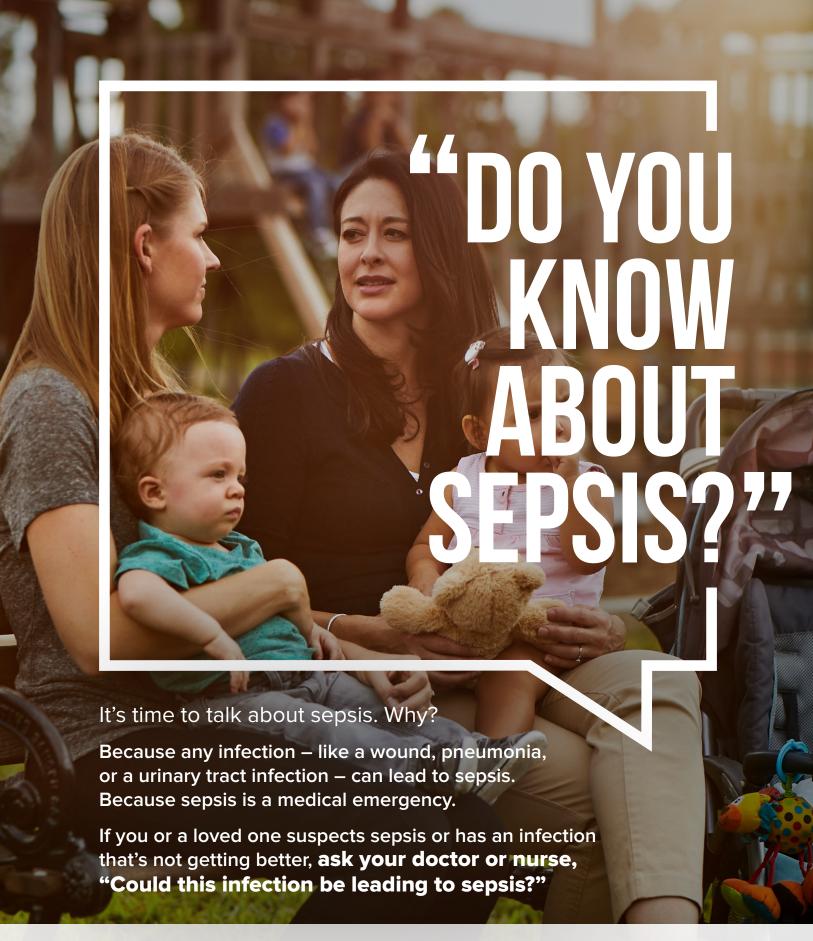
Because any infection — like a wound, pneumonia, or a urinary tract infection — can lead to sepsis.

Because sepsis is a medical emergency.

If you or a loved one suspects sepsis or has an infection that's not getting better, ask your doctor or nurse, "Could this infection be leading to sepsis?"













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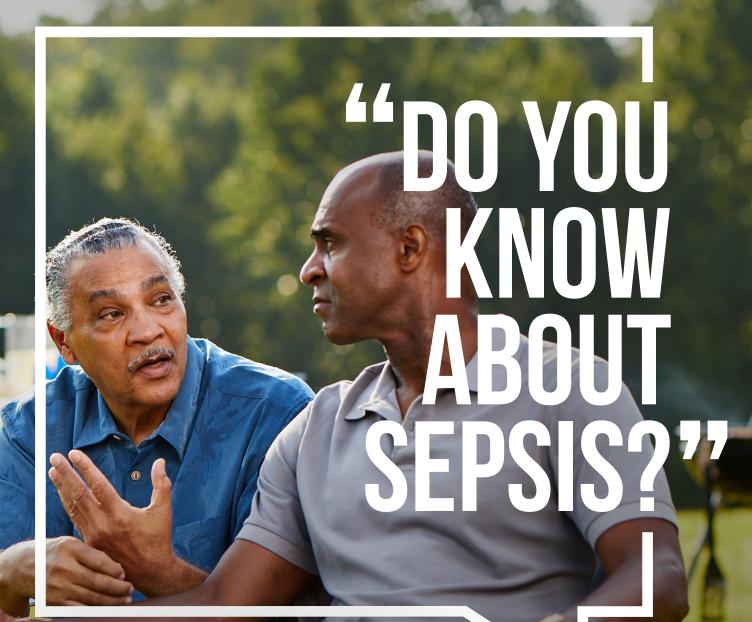
PubNo. 300417







PubNo. 300418



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CDC Sepsis Consumer Materials

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

- Public service announcements
- Social media graphics
- Paid media assets

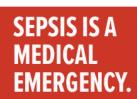








CDC Sepsis Consumer Materials

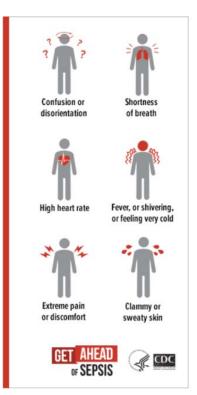


Spot the signs and symptoms.

Learn more.















PROTECT YOUR FAMILY FROM INFECTIONS THAT CAN LEAD TO SEPSIS.







ANYONE CAN GET AN INFECTION, AND ALMOST ANY INFECTION CAN LEAD TO SEPSIS.



