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?

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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**.

DEPARTMENT OF HEALTH & HUMAN SERVICES USA

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

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.

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

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

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FOR HEALTHCARE PROFESSIONALS

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GET AHEAD OF SEPSIS

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.

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

- **Immediately alert the clinician in charge if it is not you.**
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- **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.

DEPARTMENT OF HEALTH & HUMAN SERVICES·USA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

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

SHORTNESS OF BREATH

HIGH HEART RATE

FEVER, OR SHIVERING, OR FEELING VERY COLD

EXTREME PAIN OR DISCOMFORT

CLAMMY OR SWEATY SKIN

- **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.

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*.

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 DISORIENTATION

SHORTNESS OF BREATH

HIGH HEART RATE

FEVER, OR SHIVERING, OR FEELING VERY COLD

EXTREME PAIN OR DISCOMFORT

CLAMMY OR SWEATY SKIN

- **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.**

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

GET AHEAD OF SEPSIS
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:

CONFUSION OR DISORIENTATION **SHORTNESS OF BREATH** **HIGH HEART RATE**

FEVER, OR SHIVERING, OR FEELING VERY COLD **EXTREME PAIN OR DISCOMFORT** **CLAMMY OR SWEATY SKIN**

- 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.

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PubNo. 300420

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.

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
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Nearly
270,000
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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

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:

65+
Adults 65
or older

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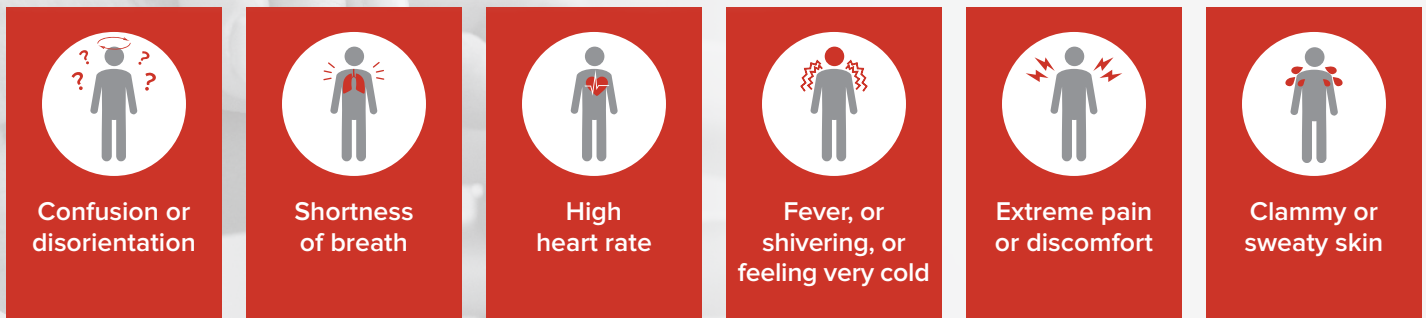
People with
weakened
immune
systems

Children
younger
than one

WHAT ARE THE
SIGNS AND SYMPTOMS OF SEPSIS?

Confusion or disorientation

Shortness of breath

High heart rate

Fever, or shivering, or feeling very cold

Extreme pain or discomfort

Clammy or sweaty skin

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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?

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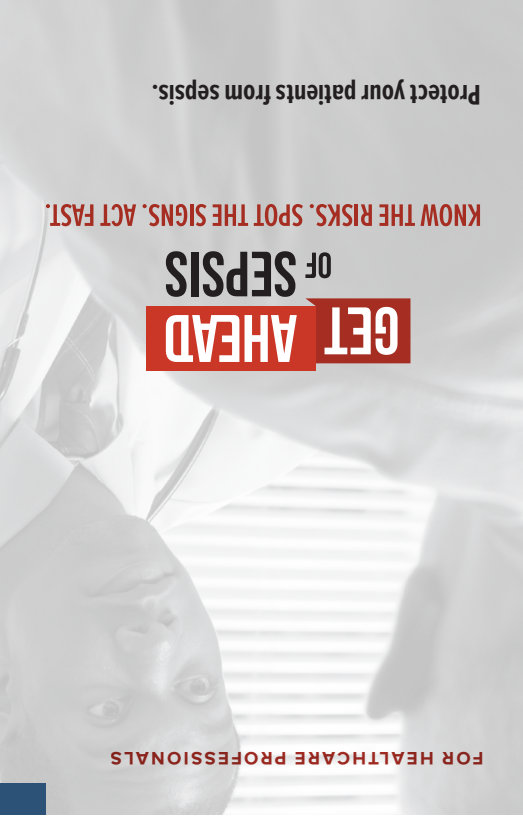- Extreme pain or discomfort
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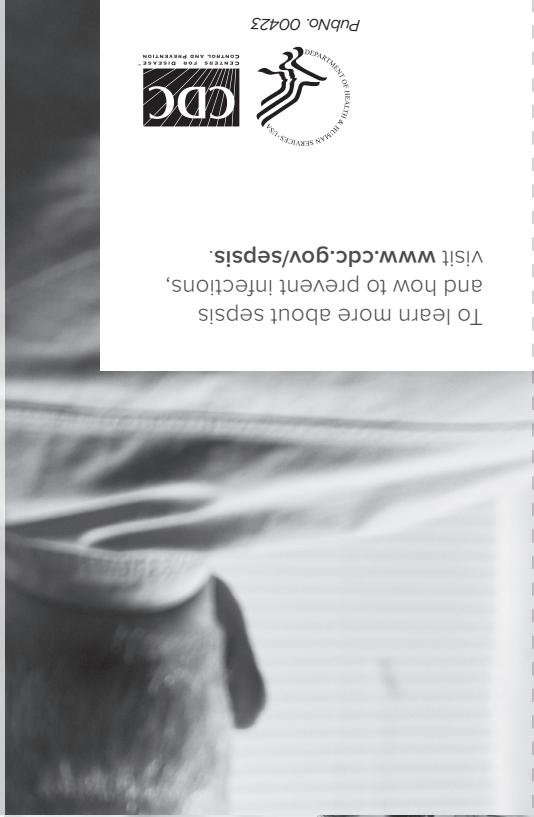**Anyone can get an infection, and almost any infection can lead to sepsis.** Some people are at higher risk of infection and sepsis:

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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.

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DEPARTMENT OF HEALTH & HUMAN SERVICES-USA

CDC
CENTERS FOR DISEASE CONTROL AND PREVENTION

PubNo. 300430

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DEPARTMENT OF HEALTH & HUMAN SERVICES-USA

CDC
CENTERS FOR DISEASE
CONTROL AND PREVENTION

PubNo. 300425

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

- Social media graphics
- Paid media assets