

Protect your patients from **sepsis**.



How can I **get ahead of sepsis**?

- **Prevent infections** by following infection control practices (e.g., hand hygiene, appropriate catheter management) and discussing recommended vaccines with parents and guardians. During periods of high respiratory virus activity, consider wearing a mask in your facility.
- **Educate parents and guardians about:**
 - Preventing infections.
 - Keeping cuts and wounds clean and covered until healed.
 - Managing chronic conditions.
 - Recognizing early signs and symptoms of worsening infection and sepsis, and seeking immediate care if they are present.
- **Know sepsis signs and symptoms** to identify and treat patients early.
- **Act fast** if you suspect sepsis.

What should I do if I **suspect sepsis**?

- **Follow your facility's policies and procedures** for a medical emergency and getting patients quickly transferred to a hospital.
- **Immediately alert the doctor, physician assistant, nurse practitioner, or nurse** overseeing the patient's care if it is not you.

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

- Most sepsis cases in children and young adults start before they go to the hospital.¹
- Most children and young adults with sepsis have at least one underlying medical condition.^{1,2}
- Nearly a third of children and young adults with sepsis had a healthcare visit the week before they were hospitalized.¹

¹ <https://doi.org/10.1093/ofid/ofad218>

² <https://jamanetwork.com/journals/jamanetworkopen/fullarticle/2767942>



**GET AHEAD
OF SEPSIS**

KNOW THE RISKS.
SPOT THE SIGNS.
ACT FAST.

Who is at risk for sepsis?

Anyone can develop sepsis, but some children may be at higher risk for sepsis:



Children with weakened immune systems



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



Children with recent severe illness, surgery, or hospitalization



Children who survived sepsis

What are the signs and symptoms of sepsis?

A child with sepsis might have one or more of the following signs or symptoms:



High heart rate or weak pulse



Fever, shivering, or feeling very cold



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

What causes sepsis?

Infections put your patients at risk for sepsis. Bacterial infections cause most cases of sepsis. The most frequently identified bacterial pathogens among people with sepsis include *Staphylococcus aureus* (*S. aureus*), *Escherichia coli* (*E. coli*), and some types of *Streptococcus*.^{3,4} Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract.



Lung



Urinary tract



Skin



Gastrointestinal tract

³ <https://doi.org/10.1093/ofid/ofad218>

⁴ <https://pubmed.ncbi.nlm.nih.gov/32633762/>

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Learn more at
cdc.gov/sepsis

