# Protect your residents from sepsis.

## How can I get ahead of sepsis?

- **Know sepsis signs and symptoms** to identify and treat residents early.

- **Act fast** if you suspect sepsis. Communicate signs and symptoms of infection to the doctor, physician assistant, or nurse practitioner overseeing the resident's care. You should immediately evaluate and treat residents who might have sepsis.

- **Prevent infections** by following infection control practices (e.g., hand hygiene, appropriate indwelling medical device management, cleaning and disinfection) and ensuring residents receive recommended vaccines.

- **Educate your residents, their families, and other staff about:**
  - Preventing infections
  - Keeping cuts and wounds clean until healed
  - Managing chronic conditions
  - Recognizing early signs and symptoms of worsening infection and sepsis and seeking immediate care if they are present

**Sepsis is a medical emergency.**

**You play a critical role.**

**Protect your residents by acting fast.**

## What should I do if I suspect sepsis?

Know your facility's guidance for diagnosing and managing sepsis. Immediately alert the doctor, physician assistant, or nurse practitioner overseeing the resident's care. In most cases, a resident who is suspected to have sepsis, or who may be developing sepsis, will need to be transferred quickly to a hospital to receive intensive evaluation and treatment.
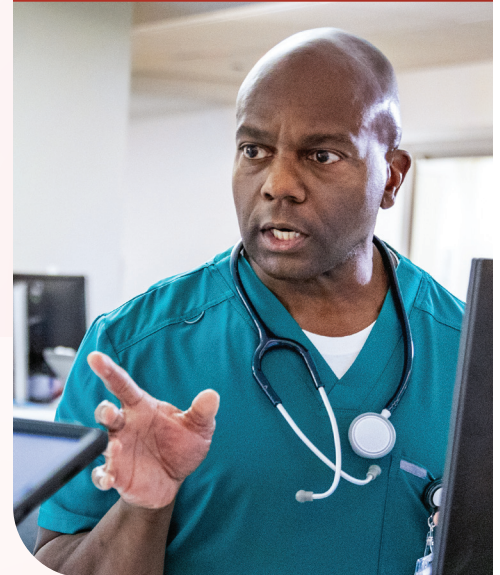
**GET AHEAD OF SEPSIS**

KNOW THE RISKS.
SPOT THE SIGNS.
ACT FAST.

# Who is at risk for sepsis?

Anyone can develop sepsis, but some people are at higher risk for sepsis:

**65+** **Adults 65 or older**

**Children younger than one**

**People who survived sepsis**

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

**People with recent severe illness, surgery, or hospitalization**

**People with weakened immune systems**

**Women who are pregnant or post-partum**

# What are the signs and symptoms of sepsis?

Be alert to the signs and symptoms of infection and sepsis and to any changes in your residents' baseline. A resident with sepsis might have one or more of the following signs or symptoms:

**Clammy or sweaty skin**

**Extreme pain or discomfort**

**Fever, shivering, or feeling very cold**

**High heart rate or low blood pressure**

**New onset or increased confusion or disorientation**

**Shortness of breath**

# What causes sepsis?

Infections put your residents 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*. 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**

**Gastrointestinal tract**

**GET AHEAD OF SEPSIS**  **KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.**

Learn more at **cdc.gov/sepsis**

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