4 WAYS TO GET AHEAD OF SEPSIS

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

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

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

   - Take good care of chronic conditions
   - Get recommended vaccines

2. PRACTICE GOOD HYGIENE
   Remember to wash your hands and keep cuts clean and covered until healed.

   - Handwashing
   - Keep cuts clean and covered until healed

3. KNOW THE SYMPTOMS
   Symptoms of sepsis can include any one or a combination of these:

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

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.

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