

# GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Contact: [INSERT CONTACT]  
[INSERT PHONE NUMBER]  
[INSERT EMAIL ADDRESS]

[INSERT ORGANIZATION NAME] supports CDC's *Get Ahead of Sepsis* educational effort

[INSERT CITY] [INSERT DATE] – In recognition of Sepsis Awareness Month, [NAME OF ORGANIZATION] joins the Centers for Disease Control and Prevention (CDC) in urging healthcare professionals, patients, and their families to [Get Ahead of Sepsis](#).

“We believe everyone should know the risks of sepsis, learn how to spot the signs and symptoms of possible sepsis, and know to act fast if sepsis is suspected. It’s especially important that [INSERT TARGET AUDIENCE] recognize the critical role they play in sepsis prevention and recognition,” said [ORGANIZATIONAL SPOKESPERSON]. “We’re proud to be part of *Get Ahead of Sepsis* and its effort to make sure everyone knows how to recognize and prevent this medical emergency.”

Sepsis is the body’s extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract, or somewhere else—triggers a chain reaction throughout your body. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Anyone can get an infection, and almost any infection, including COVID-19, can lead to sepsis.

CDC has [educational materials and resources](#), including fact sheets, brochures, and an educational video about “Four Ways to Get Ahead of Sepsis,” for patients, families, and healthcare professionals.

In a public service announcement campaign, *Get Ahead of Sepsis* encourages patients and family members to “know the risks, spot the signs and symptoms, and act fast.” A patient with sepsis might have one or more of the following signs or symptoms:

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

CDC is asking healthcare professionals to get ahead of sepsis by knowing sepsis signs and symptoms to identify and treat patients early; acting fast if they suspect sepsis; and preventing infections and educating patients about infection prevention.

CDC is asking patients, families, and caregivers to talk to their healthcare professional about steps they can take to prevent infections that can lead to sepsis; practice good hygiene; know the signs and symptoms of sepsis; and **ACT FAST** and get medical care **IMMEDIATELY** either in-person, or at minimum, through telehealth services if they have an infection that’s not getting better, or is getting worse. They should ask their healthcare professional, “Could this infection be leading to sepsis?” and if they should go to the emergency room for medical assessment.

Visit the *Get Ahead of Sepsis* website for more information: [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

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