

Protect your patients from sepsis.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

WHO IS AT RISK?

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

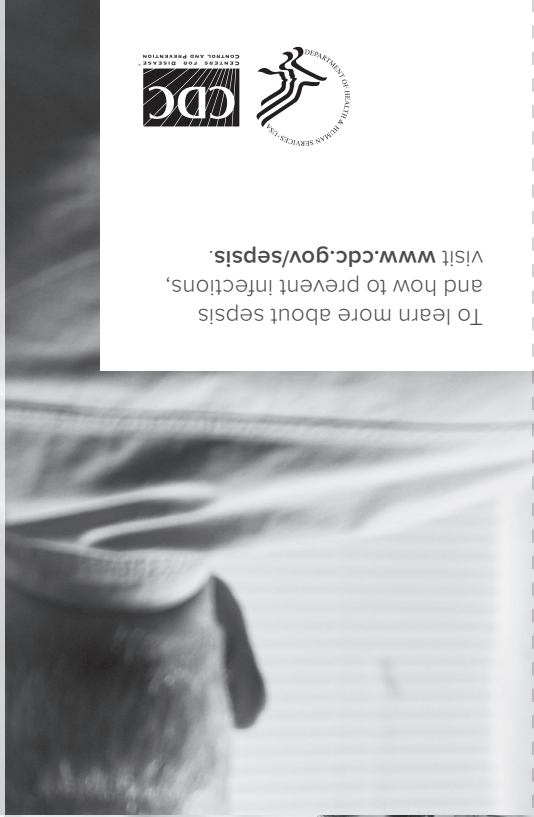
Some people are at higher risk of infection and sepsis:

- Adults 65 or older
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

WHAT ARE THE SIGNS OF SEPSIS?

Signs 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



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



HOW CAN I GET AHEAD OF SEPSIS?

- **Know sepsis signs** 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 patients and their families about:**
 - Preventing infections.
 - Keeping cuts clean and covered until healed.
 - Managing chronic conditions.
 - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

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)

