FOR HEALTHCARE PROFESSIONALS

PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and, when suspected, act fast.

HOW CAN I GET AHEAD OF SEPSIS?
Healthcare professionals can:

- **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 your 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.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?
Know your facility’s existing guidance for diagnosing and managing sepsis.

- **Immediately alert the clinician in charge if it is not you.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for the patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy within 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Sepsis is a medical emergency. Protect your patients by acting fast. Your patients’ risk of death increases with delayed recognition and treatment of sepsis.

Learn more about sepsis and how to prevent infections: www.cdc.gov/sepsis.
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

More than 1.5 million people get sepsis each year in the U.S. At least 250,000 Americans die from sepsis each year. One in three patients who die in a hospital have sepsis.

WHAT IS SEPSIS?
Sepsis is the body’s extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

WHAT CAUSES SEPSIS?
Almost any type of infection can trigger sepsis. Four types of infections that are often linked with sepsis are lung, urinary tract, skin, and gut.

The most frequently identified pathogens that cause infections that can develop into sepsis include Staphylococcus aureus (staph), Escherichia coli (E. coli), and some types of Streptococcus.

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 medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one