More than 1.5 million people get sepsis each year in the U.S.

At least 250,000 Americans die from sepsis each year.

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

SPOT THE SIGNS

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.

It happens when an infection your resident already has—like in their skin, lungs, or urinary tract—triggers a chain reaction throughout their body.

KNOW THE RISKS

Anyone can get an infection, and almost any infection can lead to sepsis. Adults 65 or older are at an increased risk of developing infections that can lead to sepsis. Sepsis also more commonly occurs in:

- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems

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.

PREVENT INFECTIONS AND ACT FAST

You play a critical role. Remember to:

- Act fast if you suspect sepsis, or if your residents’ infections are not getting better or are getting worse.
- 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

- Prevent infections by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring residents receive recommended vaccines.
- Ensure residents’ cuts are kept clean and covered until healed.

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