

# GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

FOR HEALTHCARE PROFESSIONALS

# PROTECT YOUR PATIENTS FROM SEPSIS.

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

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

Your patients are counting on you. Educate them about how to prevent infections, what signs to look for, and when to seek medical care for possible sepsis.

## KNOW THE RISKS

**Anyone can get an infection, and almost any infection can lead to sepsis.** Certain patients are at increased risk for developing sepsis:

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

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*.

## YOU PLAY A CRITICAL ROLE

**Talk to your patients and their families about the symptoms of sepsis and the need to seek immediate care if they suspect sepsis.**

To learn more about sepsis and how to prevent infections, visit [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

## PREVENT AND EDUCATE

**Educate your patients and their families so they can:**

- Recognize the symptoms of severe infection and sepsis. There is no single symptom 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

- Practice good hygiene, such as handwashing, and keeping cuts clean and covered until healed.
- Take steps to prevent infections, such as caring for chronic conditions.
- Seek medical care when an infection is not getting better or is getting worse.

### Prevent infections

- Follow infection control practices (e.g., hand hygiene, catheter removal) and ensure patients receive recommended vaccines.

