

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

PROTECT YOUR PATIENTS FROM SEPSIS.

More than **1.7 million** adults develop sepsis each year in the U.S.

Nearly **270,000** Americans die from sepsis each year.

Your patients are counting on you. Educate them about how to prevent infections, what signs and symptoms 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 signs and 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.

PREVENT AND EDUCATE

Educate your patients and their families so they can:

- Recognize the signs and symptoms of severe infection and sepsis. There is no single sign or symptom of sepsis. Signs and symptoms 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.

