

## **Knowing the early signs of sepsis could save a life!**

- Most Americans have never heard of the term “sepsis.”
- The mortality (death) rate for sepsis is more than eight times higher than that for patients admitted to the hospital for other conditions.
- Sepsis is one of the most under recognized and misunderstood conditions.
- Early recognition improves survival rates and avoids complications due to sepsis.

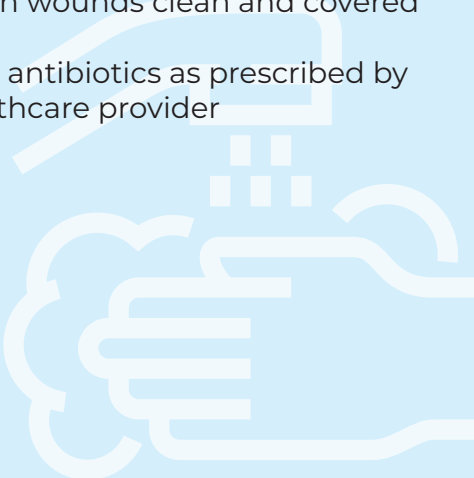


For more information about sepsis, please visit <http://stopsepsisnow.org>

## **REDUCE YOUR RISK FOR DEVELOPING SEPSIS**

**Preventing infections is the best way to prevent sepsis!**

- Practice regular and thorough hand washing
- Keep up-to-date with vaccinations
- Prevent infections
- Treat infections promptly
- Keep open wounds clean and covered
- Only take antibiotics as prescribed by your healthcare provider



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**EVERY MINUTE COUNTS!**

**Knowing the signs could save a life.**

## What is sepsis?

- Sepsis is your body's overwhelming and life threatening response to an infection.
- Any infection, anywhere in your body, can cause sepsis. An infection is a result of germs entering the body and multiplying.
- **Sepsis is a MEDICAL EMERGENCY!**



## Why haven't I heard of sepsis?

- You may have heard of people dying from infections such as pneumonia, blood poisoning or other infections. But often the cause of death may have been sepsis!

## Am I at risk for sepsis?

Anyone can get sepsis as a bad outcome from an infection, but the risk for sepsis is greater for...

- children age one year and younger
- people over the age of 65
- people with chronic illnesses such as cancer, diabetes, AIDS, and kidney or liver disease
- people who have been recently hospitalized or are recovering from surgery
- people suffering from a severe burn or wound
- people with weakened immune systems



**SEPSIS MORTALITY IS PREVENTABLE WITH EARLY DETECTION AND TREATMENT.**

## How do I know if I have sepsis?

There is no single sign or symptom of sepsis. Sepsis always develops from an infection (suspected or confirmed) PLUS one or more of the following signs or symptoms\*...



- Fever or feeling chilled,
- Confusion/sleepiness,
- Fast heart rate,
- Fast breathing or shortness of breath,
- Extreme pain, and/or
- Pale or discolored skin.



\* People with sepsis typically have more than one of these symptoms.

## What should I do if I think I have sepsis?

**Sepsis is a MEDICAL EMERGENCY!**

Call your doctor immediately and tell him/her that you are concerned about sepsis. He/she may instruct you to IMMEDIATELY go to your hospital's emergency department. You may be admitted to the hospital.



## What should I expect if my doctor tells me I may have sepsis?

If sepsis is caught early you have a good chance for survival. If caught early you also have a good chance of avoiding long term complications.

- People with sepsis are usually treated in the hospital.
- Doctors will treat your infection with antibiotics
- You will probably need to go to the hospital to have your blood and vital signs tested (blood pressure, heart rate etc.).
- You will probably be given IV antibiotics and fluids.
- You may be admitted to the hospital for ongoing care.