Sepsis

> Sepsis is a life-threatening reaction to an infection. It can damage tissues, cause organs to fail, and even lead to death. It calls for immediate care in a hospital.

What causes sepsis?

Sepsis is caused by an infection. The infection can be caused by a virus, bacteria, fungus, or parasite. A long-term or a sudden illness can cause sepsis. An injury or a reaction to surgery can also cause it.

Who gets sepsis?

Sepsis can happen in people of any age. It is more common in infants, older adults, and people with weakened immune systems.

What are the symptoms of sepsis?

Sepsis can cause a combination of symptoms. If you see a combination of these symptoms, especially if you have had a cut, surgery, procedure, or infection recently, call 911 or have someone take you to the hospital.

T **Temperature:** Higher or lower than normal.

I **Infection:** Signs of an infection like fast heartbeat, chills, cool clammy skins, or shaking.

M **Mental Decline:** Confused, sleepy, or difficult to get up out of bed.

E **Extremely Ill:** Severe pain, discomfort, or shortness of breath.

How do you prevent sepsis?

Sepsis cannot always be prevented. You can take steps to help prevent or treat infections quickly.

- Wash your hands often. Try to avoid colds and flu.
- Get your flu vaccine and other vaccines on time.
- Clean any wounds or scrapes well.
- Do not smoke or use tobacco products.
- Get medical help if you think you have an infection.

What should you do if you think you have sepsis?

Call your doctor right away if you think you have sepsis or are worried about your symptoms. Tell them about your symptoms and ask: 'could it be sepsis?.'

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