



Getting Ahead of Sepsis

Infections put you and your family at risk for a life-threatening condition called sepsis. Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure and death.

- **Sepsis starts with an infection** you already have – in your skin, lungs, urinary tract or somewhere else – triggers a chain reaction throughout your body.
- **Sepsis is a life-threatening medical emergency.** If you or a loved one has an infection that's not getting better or is getting worse, **act fast.**

Steps You Can Take to Prevent and Manage Sepsis

PREVENT INFECTIONS

Talk with your doctor about ways you can prevent infections, such as:

- Getting chronic conditions under control
- Getting recommended vaccinations

PRACTICE GOOD HYGIENE

Remember to wash your hands and keep cuts clean and covered until they heal.

KNOW THE SYMPTOMS

Sepsis can include any one or a combination of these:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, shivering or feeling very cold
- Extreme pain or discomfort
- Clammy or sweating skin

ACT FAST

Get medical care **IMMEDIATELY** if you suspect sepsis or have an infection that's not getting better or is getting worse

Sepsis is a medical emergency. Time matters. To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

