

## Sepsis

### WHAT IS SEPSIS?

Sepsis (also known as blood poisoning) is the immune system's overreaction to an infection or injury. Normally our immune system fights infection – but sometimes, for reasons we don't yet understand, it attacks our body's own organs and tissues. If not treated immediately, sepsis can result in organ failure and death. Yet with early diagnosis, it can be treated with antibiotics.

### SYMPTOMS

Sepsis can initially look like flu, gastroenteritis or a chest infection. There is no one sign, and symptoms present differently between adults and children.

**ANY CHILD WHO:**

- 1 Is breathing very fast
- 2 Has a 'fit' or convulsion
- 3 Looks mottled, bluish, or pale
- 4 Has a rash that does not fade when you press it
- 5 Is very lethargic or difficult to wake
- 6 Feels abnormally cold to touch

**MIGHT HAVE SEPSIS**

Call 999 and ask: **could it be sepsis?**

The UK Sepsis Trust registered charity number (England & Wales) 1158843

**ANY CHILD UNDER 5 WHO:**

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

**MIGHT HAVE SEPSIS**

If you're worried they're deteriorating **call 111** or **see your GP**

**JUST ASK**

**"COULD IT BE SEPSIS?"**

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

# SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 250,000 people every year in the UK.

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Seek medical help urgently if you develop any or one of the following:

**S**lurred speech or confusion  
**E**xtrême shivering or muscle pain  
**P**assing no urine (in a day)  
**S**evere breathlessness  
**I**t feels like you're going to die  
**S**kin mottled or discoloured

## JUST ASK

**"COULD IT BE SEPSIS?"**

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

Visit <https://sepsistrust.org/> or <https://www.nhs.uk/conditions/sepsis/> for further information