

Weobley & Staunton on Wye
Surgeries

Where can I get more information?

The UK Sepsis Trust

Telephone: 0808 800 0029

Website: <https://sepsistrust.org/>

NHS Choices

<https://www.nhs.uk/conditions/sepsis/>

Please remember....

It's not just adults who can develop sepsis. Children are vulnerable too...

**Think.... Could
this be
Sepsis?**

Information and Advice for
Patients

Weobley Surgery
Gadbridge Road, Weobley,
Herefordshire. HR4 8SN
Telephone: 01544 318472

Staunton on Wye Surgery
Staunton on Wye, Herefordshire
HR4 7LT
Telephone: 01981 500227

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Why have I been given this leaflet?

You have been given this leaflet because you have been unwell and have signs that you have, or may have had, an infection.

Because of this we need you to know about sepsis, which is a dangerous complication that can arise from any type of infection.

If your condition has changed since you last saw a doctor, this leaflet is provided to help you decide if you need further healthcare or assessment.

What is Sepsis?

Sepsis is a life-threatening condition and needs emergency treatment, usually in hospital. The symptoms of sepsis may be vague and not specific so seek medical advice immediately if you have concerns.

Currently around 250,000 people a year develop sepsis in the UK and of these about 46,000 die.

You should always seek help if you, or anyone you're with, develop the following signs and/or symptoms.

How do I recognise sepsis?

Shivering, fever, very cold or sweaty skin

Extrême pain or discomfort

Pale, mottled or discoloured skin

Sleepy, confused or slurred speech

I feel really unwell/I don't feel right

Shortness of breath

Other Signs/Symptoms which could suggest sepsis include:

- Very high or low body temperature
- Feeling very sleepy or about to lose consciousness

- Severe tummy (abdominal) pain
- Feeling very dizzy or faint, or having a fit (seizure)
- A rash which does not fade with pressure
- Not eating any food or drinking any fluid
- Being sick (vomiting) repeatedly
- Diarrhoea
- A flu-like illness with a cough, muscle aches and joint pains

What should I do if I am concerned about having sepsis?

Early recognition and treatment of sepsis saves lives.

If you are showing any of these signs and symptoms **which are not usual for you**, you should seek help.

Call **999** if you are very concerned.

If you are concerned, but don't think you need to go straight to hospital call your doctor immediately. If there is any delay in talking to your doctor call the **111** service for further advice.