

SEPSIS: THE FACTS

WHY WE SHOULD ALL KNOW THE SYMPTOMS

Sepsis is a life-threatening condition, caused when the body overreacts to an infection. **It kills 44,000 people a year in the UK** – yet it's treatable if caught early. The problem is, sepsis is often mistaken for other conditions such as flu, gastroenteritis or a chest infection, or dismissed as a simple fever in children. So in many cases, sepsis is not diagnosed in time for people to get the treatment they need.

That's why everyone should know the signs of sepsis. And if you think someone may have sepsis, just ask: **"Could it be sepsis?"**

CHILDREN

A child may have sepsis if he or she:

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

ADULTS

An adult may have sepsis if they show any of these signs:

- 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

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or **contact your GP** if you're worried about an infection.

Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

Our **'Streets Against Sepsis'** campaign is encouraging local communities to look out for each other and learn the signs of sepsis.

CONTACT UK SEPSIS TRUST

If you need advice or support, call our free sepsis helpline. Run by trained sepsis nurses, it is open from 9am - 4pm, Monday - Friday.

**STREETS
AGAINST SEPSIS**



Call us on 0808 800 0029. For more info, visit sepsistrust.org