

4 WAYS TO GET AHEAD OF SEPSIS

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KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

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 happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

Anyone can get an infection, and almost any infection can lead to sepsis.

1 | PREVENT INFECTIONS

Talk to your doctor or nurse about **steps you can take to prevent infections.**



Take good care of chronic conditions



Get recommended vaccines

2 | PRACTICE GOOD HYGIENE

Remember to **wash your hands and keep cuts clean and covered until healed.**



Handwashing



Keep cuts clean and covered until healed.

3 | KNOW THE SYMPTOMS

Symptoms of sepsis can include any one or a combination of these:



Confusion or disorientation



Shortness of breath



High heart rate



Fever, or shivering, or feeling very cold



Extreme pain or discomfort



Clammy or sweaty skin

4 | 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.