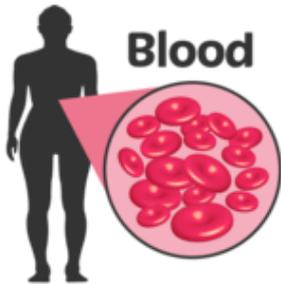




# Sepsis

## What is sepsis?



- Sepsis is a **very serious illness**

**It is an emergency**

- If someone already has an infection, it can turn into sepsis

- Sepsis is the body's reaction to that infection

- It means **the body attacks itself**

## Who can get sepsis?



- **Anyone can get sepsis**

- Some people are more likely to get sepsis than others



- This is because it is more difficult for some people to fight infections

## Who is more likely to get sepsis?



- Very old people or very young people



- People who already have an illness like diabetes or heart disease

- People who had an operation not long ago



- People who take some medications, like steroids

- People who normally find it hard to fight infections because they have immune system problems



- Women who are going to have a baby or have just had a baby

- People who are very underweight

## What to look out for



You must **call your GP or for an ambulance straight away if you or someone you care for have**



- Slurred speech - speech that is hard to understand
- Confusion – not sure about what is going on
- Bad muscle pain or a lot of shivering
- Not had a wee for a day
- Problems breathing
- Feel very sick
- Skin that is blotchy or a different colour from normal



## More things to look out for



- A very high or very low temperature
- Feeling very sleepy
- A very bad tummy pain
- Feeling very dizzy or like they are going to faint or are having a seizure
- A rash that doesn't go when you press on it
- Not eating or drinking anything
- Being sick again and again
- An upset tummy and runny poo
- Feeling like they have flu with a cough and aches and pains
- Cold and sticky feeling skin



## What to do next

If you or someone you care for have any of these things

**And**

Do not normally have these things



**Call your GP or 111 for help straight away**

**If you are very worried call 999**

**Say you are worried about sepsis**

