

## What to do next

If someone you are supporting is showing any of these signs and/ or symptoms, which are not usual for them, seek immediate medical help.

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

**If you are very concerned call 999**

**Say you are worried about sepsis**

For further information on sepsis visit:



THE UK  
SEPSIS  
TRUST

[www.sepsistrust.org](http://www.sepsistrust.org)



[www.nhs.uk/conditions/sepsis/](http://www.nhs.uk/conditions/sepsis/)



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# Sepsis



**...Every second counts!**

# What is it?

Sepsis is a life-threatening condition that requires emergency treatment. It is a dangerous complication that can arise from any infection a person may already have. It is the body's reaction to the infection and means the body attacks its own organs and tissues.

# Who can get sepsis?

Anyone can get sepsis but some people are more likely to get sepsis than others. This is because some people find it harder to fight off infections. People are more at risk if:

- They are very young or very old
- They have long-term health conditions like diabetes or heart disease
- They have had recent surgery
- They take certain medications, like steroids
- They have immune system problems
- They are pregnant/ just given birth
- They are severely underweight

# What to look out for

Seek medical attention immediately if anyone you are supporting develops the following signs and/ or symptoms

- **S**lurred speech or confusion
- **E**xtrême shivering or muscle pain
- **P**assing no urine (in a day)
- **S**evere breathlessness
- **I**f they feel really unwell/ don't feel right
- **S**kin blotchy or discoloured

# Other signs/ symptoms which could indicate sepsis include:

- Very high or low body temperature
- Feeling sleepy or about to lose consciousness
- Severe tummy pain
- Feeling very dizzy or faint or having a fit
- A rash that doesn't fade when pressure is applied
- Not eating or drinking anything
- Repeatedly being sick
- Diarrhoea
- Flu-like symptoms with a cough and aches and pains
- Cold / clammy skin