

**GET AHEAD  
OF SEPSIS**

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

# PROTECT YOUR PATIENTS FROM SEPSIS.

Infections put your patients at risk for sepsis. Be alert to the signs and, if suspected, act fast.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

## SEPSIS STATS

More than

**1.5 MILLION**

people get sepsis each year in the U.S.

At least

**250,000**

Americans die from sepsis each year

About

**1 IN 3 PATIENTS**

who die in a hospital have sepsis

## WHAT CAUSES SEPSIS?

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

Four types of infections that are often linked with sepsis:



Lungs  
(e.g., pneumonia)



Urinary tract  
(e.g., kidney)



Skin



Gut

Anyone can get an infection, and almost any infection can lead to sepsis. Certain patients are at increased risk for developing sepsis:

**65+**

Adults 65 or older



People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease



People with weakened immune systems



Children younger than one

## WHO IS AT RISK?

# SEPSIS SIGNS

There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



## HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families about:**
  - Preventing infections.
  - Keeping scrapes and wounds clean.
  - Managing chronic conditions.
  - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

**Sepsis is a medical emergency.** Protect your patients by acting fast. Delayed recognition and treatment of sepsis increases your patients' risk of death.

## WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- **Immediately alert clinician in charge if it is not you.**
- **Know your facility's existing guidance for diagnosing and managing sepsis.**
- **Start antibiotics as soon as possible, in addition to other therapies appropriate for that individual patient.**
- **Check patient progress frequently.** Reassess antibiotic therapy 24-48 hours to stop or change therapy as needed. Be sure antibiotic type, dose, and duration are correct.

Learn more about sepsis and how to prevent infections:  
[www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

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# GET AHEAD OF SEPSIS

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FOR HEALTHCARE PROFESSIONALS

# PROTECT YOUR PATIENTS FROM SEPSIS.

More than **1.5 million** people get sepsis each year in the U.S.

At least **250,000** Americans die from sepsis each year.

Educate your patients about how to prevent infections, what signs to look for, and when to seek medical care for possible sepsis. They are counting on you.

## KNOW THE RISKS

**Anyone can get an infection, and almost any infection can lead to sepsis.** Certain patients are at increased risk for developing sepsis:

- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- Adults 65 or older
- People with weakened immune systems
- Children younger than one

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

## YOU PLAY A CRITICAL ROLE

**Talk to your patients and their families about the symptoms of sepsis and the need to seek emergency medical care if they suspect sepsis.**

To learn more about sepsis and how to prevent infections, visit [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

## PREVENT AND EDUCATE

**Educate your patients and their families so they can:**

- Recognize the symptoms of severe infection and sepsis. There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



CONFUSION OR  
DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING,  
OR FEELING VERY COLD



EXTREME PAIN OR  
DISCOMFORT



CLAMMY OR  
SWEATY SKIN

- Practice good hygiene, such as handwashing and ensuring scrapes and wounds are kept clean until healed.
- Take steps to prevent infections, such as caring for chronic conditions.
- Seek medical care when an infection is not getting better or is getting worse.

### Prevent infections

- Follow infection control practices (e.g., hand hygiene, catheter removal) and ensure patients receive recommended vaccines.



## HOW CAN I GET AHEAD OF SEPSIS?

Healthcare professionals can:

- **Know sepsis signs** to identify and treat patients early.
- **Act fast** if you suspect sepsis.
- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- **Educate your patients and their families about:**
  - Preventing infections.
  - Keeping scrapes and wounds clean.
  - Managing chronic conditions.
  - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

## WHAT SHOULD I DO IF I SUSPECT SEPSIS?

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**Sepsis is a medical emergency. Protect your patients by acting fast. Delayed recognition and treatment of sepsis increases your patients' risk of death.**

Learn more about sepsis and how to prevent infections:  
[www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

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## FOR HEALTHCARE PROFESSIONALS

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More than **1.5 million** people get sepsis each year in the U.S.

**At least 250,000** Americans die from sepsis each year.

**One in three** patients who die in a hospital have sepsis.

## WHAT ARE THE SIGNS OF SEPSIS?

There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



CONFUSION OR  
DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING,  
OR FEELING VERY COLD



EXTREME PAIN OR  
DISCOMFORT



CLAMMY OR  
SWEATY SKIN

## WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death.

## WHAT CAUSES SEPSIS?

Almost any type of infection can trigger sepsis. Four types of infections that are often linked with sepsis are lung, urinary tract, skin, and gut.

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

## WHO IS AT RISK?

**Anyone can get an infection, and almost any infection can lead to sepsis.** Certain patients are at increased risk for developing sepsis:

- Adults 65 or older
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

Protect your patients from sepsis.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

# GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS

## WHO IS AT RISK?

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

Some people are at higher risk of infection and sepsis:

- Adults 65 or older
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

## WHAT ARE THE SIGNS?

Symptoms can include a combination of any of the following:

- Confusion or disorientation
- Shortness of breath
- High heart rate
- Fever, or shivering, or feeling very cold
- Extreme pain or discomfort
- Clammy or sweaty skin



To learn more about sepsis  
and how to prevent infections,  
visit [www.cdc.gov/sepsis](http://www.cdc.gov/sepsis).

To assemble the pocket guide:

1. Print landscape on 8.5x11 paper
2. Cut along the perforated line
3. Fold in half vertically (top to bottom)
4. Fold in half horizontally (left to right)

## HOW CAN I GET AHEAD OF SEPSIS?

- Know sepsis signs to identify and treat patients early.
- Act fast if you suspect sepsis.
- Prevent infections by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring patients receive recommended vaccines.
- Educate patients and their families about:
  - Preventing infections.
  - Keeping scrapes and wounds clean.
  - Managing chronic conditions.
  - Recognizing early signs of worsening infection and sepsis and seeking immediate care if signs are present.

