

Tips for Prevention



Early SEPSIS treatment SAVES LIVES!

SUMMARY

Sepsis is caused by many common infections

- Symptoms include fever, fast heartbeat and weakness
- Seek healthcare if you think you or your loved one has sepsis
- Help prevent sepsis with handwashing

What you know about SEPSIS can save a life

The first step to survival is sepsis awareness.

Know four important points about sepsis:

1. Common causes of sepsis
2. Signs and symptoms of sepsis
3. Steps to take if you think you have sepsis
4. How to prevent sepsis

**Sepsis is a
health emergency.
Treat Early to Save Lives**

In association with New Jersey Hospital Association



**WORKING
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TO IMPROVE HEALTH**

Understanding Sepsis

WHAT IS SEPSIS?

Sepsis is a complication caused by the **body's reaction to a serious infection** that can lead to failure of vital organs and death.

WHAT CAUSES SEPSIS?

Sepsis is often due to a germ entering a sterile body part.

COMMON CAUSES OF SEPSIS ARE:

PNEUMONIA – lung infection

URINARY TRACT INFECTION – kidney or urethra infection

CELLULITIS – skin, cut or wound infection

BACTEREMIA – blood infection

PERITONITIS – gut infection

Signs & Symptoms of Sepsis

WHAT ARE THE SYMPTOMS?

- Weakness, fatigue
- Fast heartbeat
- Shortness of breath
- Fever, shaking, chills
- Extreme pain or discomfort
- Confusion

WHO GETS SEPSIS?

Anyone can get sepsis, but it is more common in the elderly (65 years or older) and very young (less than 1 year). People with weakened immune systems such as persons receiving chemotherapy, or those with diabetes may be at risk for sepsis. People who were in the hospital or had an operation are at risk for sepsis.

The very young and elderly are at highest risk for sepsis.



Next steps



Sepsis is a medical emergency. If you think you or a loved one has sepsis, contact your doctor or go to the nearest emergency room.

WHAT SHOULD YOU DO IF YOU THINK YOU HAVE SEPSIS?

Call your doctor/provider or go to the nearest emergency room.

Tell the medical provider that you are concerned this may be sepsis.

REMEMBER:

1. **REPORT** symptoms
2. **RECEIVE** treatment
3. **RECOVER** quickly.