HOW CAN I GET AHEAD OF SEPSIS?

You can take specific steps to reduce your risk of sepsis, including sepsis caused by COVID-19, such as:

1. Talk to your healthcare professional about steps you can take to prevent infections that can lead to sepsis, including:
   - Take good care of chronic conditions.
   - Get recommended vaccines, since vaccinations prevent some infections, but do not cure sepsis.

2. Practice good hygiene.
   - Wash your hands.
   - Keep cuts clean and covered until healed.

3. Know the signs and symptoms of sepsis. A medical assessment by a healthcare professional is needed to confirm sepsis.

4. Sepsis is a medical emergency. If you or your loved one has an infection that's not getting better or is getting worse, ACT FAST. Get medical care IMMEDIATELY. Ask your healthcare professional, "Could this infection be leading to sepsis?" and if you should go to the emergency room.

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To learn more about sepsis and how to prevent infections, visit **www.cdc.gov/sepsis** or call **1-800-CDC-INFO**.

FOR PATIENTS AND FAMILIES

IT'S TIME TO TALK ABOUT SEPSIS.

Infections put you and your family at risk for a life-threatening condition called sepsis.

GET AHEAD OF SEPSIS

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

Each year, about **1.7 million** adults in America develop sepsis. At least **350,000** adults who develop sepsis die during their hospitalization or are discharged to hospice.

WHAT IS SEPSIS?

Sepsis is the body's extreme response to an infection. It is a life-threatening medical emergency. Sepsis happens when an infection you already have triggers a chain reaction throughout your body. Infections that lead to sepsis most often start in the lung, urinary tract, skin, or gastrointestinal tract. Without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death.

IS SEPSIS CONTAGIOUS?

You can't spread sepsis to other people. However, an infection can lead to sepsis, and you can spread some infections to other people.

WHAT CAUSES SEPSIS?

Infections put you or your loved one at risk for sepsis. When germs get into a person's body, they can cause an infection. If you don't stop that infection, it can cause sepsis. Bacterial infections cause most cases of sepsis. Sepsis can also be a result of other infections, including viral infections, such as COVID-19 or influenza, or fungal infections.

WHO IS AT RISK FOR SEPSIS?

Anyone can develop sepsis, but some people are at higher risk for sepsis:

- Adults 65 or older
- People with weakened immune systems
- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with recent severe illness or hospitalization, including due to severe COVID-19
- People who survived sepsis
- Children younger than one

WHAT ARE THE SIGNS AND SYMPTOMS?

A person with sepsis might have one or more of the following signs or symptoms:

HIGH HEART RATE OR WEAK PULSE

FEVER, SHIVERING, OR FEELING VERY COLD

CONFUSION OR DISORIENTATION

SHORTNESS OF BREATH

EXTREME PAIN OR DISCOMFORT

CLAMMY OR SWEATY SKIN