



SEPSIS FACT SHEET

A POTENTIALLY DEADLY OUTCOME FROM AN INFECTION

What should I do if I think I have an infection or sepsis?

- Call your doctor or go to the emergency room immediately if you have any signs or symptoms of an infection or sepsis. This is a medical emergency.
- It's important that you say, "I AM CONCERNED ABOUT SEPSIS."
- If you are continuing to feel worse or not getting better in the days after surgery, ask your doctor about sepsis. Sepsis is a common complication of people hospitalized for other reasons.

What is sepsis?

Sepsis is the body's overwhelming and life-threatening response to an infection which can lead to tissue damage, organ failure, and death.

When can you get sepsis?

Sepsis can occur to anyone, at any time, from any type of infection, and can affect any part of the body. It can occur even after a minor infection.

What causes sepsis?

Any type of infection that is anywhere in your body can cause sepsis, including infections of the skin, lungs (such as pneumonia), urinary tract, abdomen (such as appendicitis), or other part of the body. An infection occurs when germs enter a person's body and multiply, causing illness and organ and tissue damage.

Who gets sepsis?

Anyone can get sepsis as a bad outcome from an infection, but the risk is higher in:

- people with weakened immune systems
- babies and very young children
- elderly people
- people with chronic illnesses, such as diabetes, AIDS, cancer, and kidney or liver disease
- people suffering from a severe burn or wound

Ask your doctor about your risk for getting sepsis.

What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. It is, rather, a combination of symptoms. Since sepsis is the result of an infection, symptoms can include infection signs (diarrhea, vomiting, sore throat, etc.), as well as ANY of the symptoms below:



S

Shivering, fever, or very cold

E

Extrême pain or general discomfort ("worst ever")

P

Pale or discolored skin

S

Sleepy, difficult to wake up, confused

I

"I feel like I might die"

S

Short of breath



Centers for Disease Control and Prevention
National Center for Emerging and Zoonotic Infectious Diseases

Why should I be concerned about sepsis?

Sepsis can be deadly. It kills more than 258,000 Americans each year and leaves thousands of survivors with life-changing after effects. According to CDC, there are over 1 million cases of sepsis each year, and it is the ninth leading cause of disease-related deaths.

How is sepsis diagnosed?

Doctors diagnose sepsis using a number of physical findings like fever, increased heart rate, and increased breathing rate. They also do lab tests that check for signs of infection.

Many of the symptoms of sepsis, such as fever and difficulty breathing, are the same as in other conditions, making sepsis hard to diagnose in its early stages.

How is sepsis treated?

People with sepsis are usually treated in the hospital. Doctors try to treat the infection, keep the vital organs working, and prevent a drop in blood pressure.

Doctors treat sepsis with antibiotics as soon as possible. Many patients receive oxygen and intravenous (IV) fluids to maintain normal blood oxygen levels and blood pressure.

Other types of treatment, such as assisting breathing with a machine or kidney dialysis, may be necessary. Sometimes surgery is required to remove tissue damaged by the infection.

Are there any long-term effects of sepsis?

Many people who have sepsis recover completely and their lives return to normal. But some people may experience permanent organ damage. For example, in someone who already has kidney problems, sepsis can lead to kidney failure that requires lifelong dialysis.

How can I prevent sepsis?



1 Get **vaccinated**



2 **Prevent infections** that can lead to sepsis by:

- **Cleaning** scrapes and wound
- Practicing good **hygiene** (e.g., hand washing, bathing regularly)



3 If you have an **infection**, **look for signs like:** fever, chills, rapid breathing and heart rate, rash, confusion, and disorientation.

Where can I get more information?

- Centers for Disease Control and Prevention (CDC)—CDC works 24/7 protecting America's health, safety and security. Whether diseases start at home or abroad, are curable or preventable, chronic or acute, stem from human error or deliberate attack, CDC is committed to responding to America's most pressing health challenges. [cdc.gov/sepsis](https://www.cdc.gov/sepsis)
[cdc.gov/cancer/preventinfections](https://www.cdc.gov/cancer/preventinfections)
- Rory Staunton Foundation—The Rory Staunton Foundation supports education and outreach efforts aimed at rapid diagnosis and treatment of sepsis, particularly in children. [rorystaunton.com](https://www.rorystaunton.com)
- Sepsis Alliance®—Created to raise sepsis awareness among both the general public and healthcare professionals. Sepsis Alliance offers information on a variety of sepsis-related topics. Visit [sepsis.org/library](https://www.sepsis.org/library) to view the complete series of titles. [sepsis.org](https://www.sepsis.org)