## What Is Sepsis?



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

Sepsis is **DIFFICULT TO DIAGNOSE** because it happens **quickly** and can be confused with other conditions.

Sepsis is a medical emergency and is **DEADLY** when it's not quickly recognized and treated.

#### What Can You Do To Prevent Sepsis?



**Get vaccinated** against the flu, pneumonia, and any other infections that could lead to sepsis. Talk to your doctor for more information.



- Prevent infections that can lead to sepsis by
- Cleaning scrapes and wounds
- Practicing **good hygiene** (e.g., hand washing)



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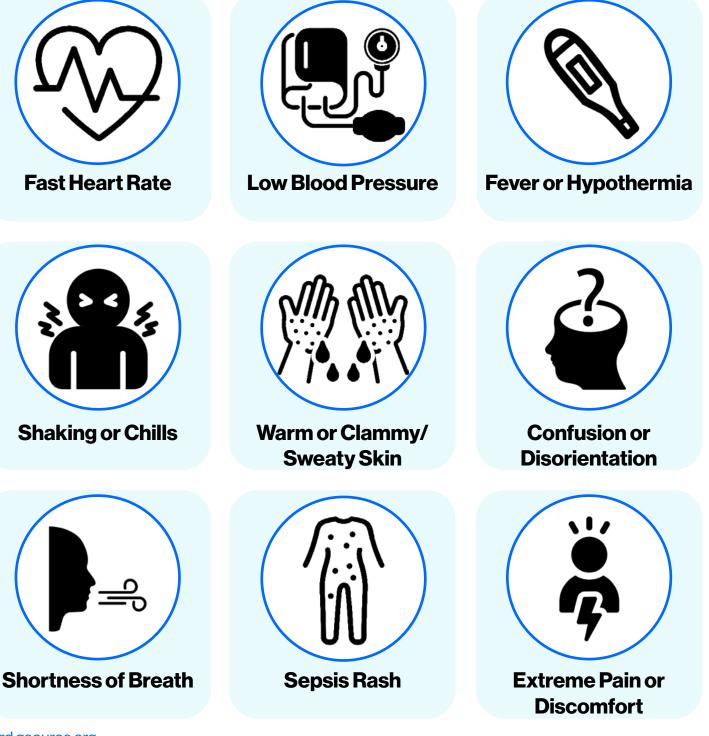
Know that **time matters**. If you have a severe infection, **look for signs** like: shivering, fever, or very cold, extreme pain or discomfort, clammy or sweaty skin, confusion or disorientation, short of breath, rapid breathing, and high heart rate.

### What Should You Do If You Think You Have Sepsis?

**Seek medical treatment** if you have signs of sepsis following an infection.

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# Sepsis Symptoms of sepsis include:



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