

THE UK SEPSIS TRUST (UKST) IS ON A MISSION TO END PREVENTABLE DEATHS FROM SEPSIS.

By promoting earlier diagnosis and treatment, we can improve outcomes for survivors and save thousands of lives a year.

The charity's driving up awareness of sepsis amongst the public, policy makers and healthcare professionals – and most importantly, providing support for people who have been affected by this devastating condition.



**BE SEPSIS SAVVY.
SPOT THE SIGNS.
SAVE LIVES.**



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SUPPORT

We're here for anyone who's been affected by sepsis – find support at sepsistrust.org/get-support/ **Helpline** – our free, confidential service connects you with experienced, trained nurses.

Support groups – join relaxed online meetings and face-to-face ones, in various locations throughout the UK.

Legal advice – If you or your relative has become critically ill very quickly, you may feel like you haven't received enough information. Review your options around getting legal advice on our website.

"I'm so lucky to be alive. That hits me with a punch almost every day." Liz, Oxford

EDUCATION & TRAINING

We urgently need the healthcare community to help us spot sepsis more easily. To support a standard approach to identifying and managing sepsis, UKST has created a series of free clinical tools, learning resources and training opportunities, all of which are available at sepsistrust.org/professional-resources/

Please support our life-saving work by going to sepsistrust.org/make-a-donation/ or call 0800 389 6255

FUNDRAISING

We urgently need your help! **Could you...**

- Get active – fundraise with friends & family – or at school
- Jump on your bike & pedal for **Cycle4Sepsis**
- Make UKST your next Charity of the Year
- Create a **JustGiving** page
- Set up an **Always Remember Fund** for a loved one
- Just donate directly!

We need all the help we can get so please get involved by going to sepsistrust.org/fundraising/

VOLUNTEERING

Our volunteers range from sepsis survivors to paramedics, from teenagers to pensioners. They're determined to raise awareness of sepsis and stop avoidable deaths – will you join them?

There are so many ways to get involved: you could share your story to help raise awareness, hand-out symptom cards, speak at local events, take part in a fundraising challenge, join our training revolution or just lend a hand when we need someone in your area.

Find out what our volunteers think and register to join them at sepsistrust.org/volunteer/

"If only I'd trusted my instincts. If only I'd known... things might have turned out differently!" Dave, Exeter

WOULD **YOU** KNOW TO...

**JUST ASK
"COULD IT BE SEPSIS?"**

SEPSIS IS MORE COMMON THAN HEART ATTACKS, BUT IT'S OFTEN TREATABLE IF CAUGHT QUICKLY.

Better awareness could save thousands of lives every year in the UK.

More than one third of adults would not think to treat sepsis as an emergency, and yet... Every hour, in the UK, five lives are lost to sepsis.



THE UK
SEPSIS
TRUST

sepsistrust.org

WHAT IS SEPSIS?

Sepsis is an emergency medical condition where the immune system overreacts to an infection. It affects people of all ages and, without urgent treatment, can lead to organ failure and death. The numbers are staggering – 245,000 people develop sepsis every year in the UK, and 48,000 die. That's 120 lives lost to sepsis every single day! But, crucially, sepsis is often treatable if caught quickly, so it's really important to be Sepsis Savvy and to just ask: 'could it be sepsis?'

SEPSIS COULD AFFECT ANY ONE OF US

"On the last day of 2010, we put our daughter Maude, who was two and a half, in her cot to sleep. In the morning on New Year's Day 2011, she had died – she never woke. She died of sepsis.

We had taken her to hospital two days previously and had been sent home because her symptoms seemed harmless. They seemed like any other cold, or flu, or stomach ache.

But now things are gradually changing and people want to make a difference.

That's where the hope is for me – that we're talking about it. And you too can play your part, by spreading awareness of this hidden killer, and helping to save thousands of lives."

Jason Watkins, actor,
BAFTA winner



WHAT ARE THE SYMPTOMS?

SYMPTOMS IN CHILDREN

Any child may have sepsis if he or she:

- **Is breathing very fast**
- **Has a 'fit' or convulsion**
- **Looks mottled, bluish, or pale**
- **Has a rash that does not fade when you press it**
- **Is very lethargic or difficult to wake**
- **Feels abnormally cold to touch**

SYMPTOMS IN ADULTS

Any adult may have sepsis if they show any of these signs:

- **Slurred speech or confusion**
- **Extreme shivering or muscle pain**
- **Passing no urine (in a day)**
- **Severe breathlessness**
- **It feels like you're going to die**
- **Skin mottled or discoloured**

ARE YOU SEPSIS SAVVY?

When sepsis claims lives or does lasting damage, it's often because people aren't aware of the condition or how dangerous it is. We don't need expensive research to solve the problem – we need effective communication and better knowledge and understanding.

Awareness really can save lives. That's why our Sepsis Savvy resources explain what to do if you suspect someone might have sepsis. It's FREE, quick and easy to do, so please sign up today at sepsistrust.org/savvy/

BE SEPSIS SAVVY SPOT THE SIGNS SAVE LIVES

Call 111 or **contact your GP** if you're worried about an infection.
Call 999 or **visit A&E** if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

There's no ONE sign of sepsis and symptoms present differently in adults and children

40% of sepsis survivors suffer permanent, life-changing after-effects

"When it comes to saving lives from sepsis we know awareness is key. That's why we're delighted to have been involved with Sepsis Savvy from the start and, of course, to be one of the first organisations to sign up.

The short film and game make it easy for us to educate our colleagues about sepsis and the signs to look out for and, crucially, it's free and really easy to implement. We're encouraging other like-minded companies to get involved too – if we all play our part, we can save even more lives."

Tarsem Dhaliwal, CEO of Iceland Foods and
Trustee of Iceland Foods Charitable Foundation

