

Sepsis is the body's response to an infection. If you think you have an infection and develop any of the following symptoms you may have sepsis. **Dial 999** and **Just Ask: "Could it be Sepsis?"**

**S**lurred speech or confusion  
**E**xtrême shivering or muscle pain  
**P**assing no urine (in a day)  
**S**evere breathlessness  
**I**t feels like you're going to die  
**S**kin mottled, discoloured or very pale



[sepsistrust.org](https://sepsistrust.org)

# WHAT IS SEPSIS?

Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs.

Sepsis can lead to shock, multiple organ failure and death especially if not recognised early and treated promptly.

# HOW DO I SPOT IT?

Sepsis can initially look like other illnesses like 'flu or gastroenteritis and can be difficult to spot. There is no one sign, and symptoms can present differently in adults and children.

Email [info@sepsistrust.org](mailto:info@sepsistrust.org) or call  
0800 389 6255 for more information.

**JUST ASK**  
**“COULD IT BE SEPSIS?”**  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.