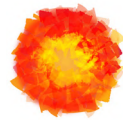




BE SEPSIS SAVVY SPOT THE SIGNS SAVE LIVES



THE UK
SEPSIS
TRUST

With thanks to our lead partner

Iceland
Foods 
Charitable
Foundation

Registered charity no 281943

savvy@sepsistrust.org

[#SepsisSavvy](https://twitter.com/SepsisSavvy)

sepsistrust.org/savvy

KEY INFORMATION

#SEPSISSAVVY is our campaign to raise awareness of sepsis in organisations and communities across the country. It's a free and easy way to protect your people.

SEPSIS is the body's life-threatening overreaction to an infection. Without timely treatment, sepsis can rapidly lead to organ failure and death, but it's often treatable if caught quickly.

FOLLOW THESE SIMPLE STEPS TO GET **#SEPSISSAVVY**



STEP 1 WATCH THE SHORT VIDEO

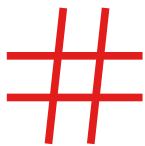
Available to stream or download here:

<https://sepsistrust.org/savvy/get-savvy-video/>



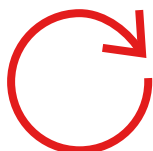
STEP 2 PLAY THE GAME

www.sepsissavvy.co.uk. It works on PC*, tablet and smartphone



STEP 3 SHARE YOUR STORY

Tell us what you've done via savvy@sepsistrust.org and celebrate your success on social media using **#SepsisSavvy**



STEP 4 REFRESH YOUR LEARNING

In order to stay **#SepsisSavvy** it's important to refresh your learning every few months. We're here to help – savvy@sepsistrust.org



* We're aware that some people might have an issue playing the game on some installations of Microsoft web browsers. This is related to browser settings, not the game itself. If you encounter this problem, please try using an alternative browser (Chrome, Firefox, Opera) or play the game on a mobile device.

ADDITIONAL INFORMATION

RESOURCES TO BOOST YOUR CAMPAIGN

We've put together loads of awareness-raising resources to support your campaign, including printable posters and symptom cards, and digital assets – all available here <https://sepsistrust.org/savvy/resources/>. If you've got any questions or you'd like to talk to us about new ideas (we're always keen to hear what works best for you), email us at savvy@sepsistrust.org.

WHY NOT BE A SAVVY SUPERSTAR?

If you're as passionate as we are about protecting people, you could go that extra mile by:

- Organising sepsis awareness sessions
- Encouraging customers and suppliers to become #SepsisSavvy too
- Appointing a #SepsisSavvy champion
- Incorporating #SepsisSavvy education into staff inductions.

FREE SUPPORT

If you know anyone who's been affected by sepsis or COVID-19, they could benefit from our support services.

Go to <https://sepsistrust.org/get-support/> for more information or call our professional team directly on UK Freephone number 0808 800 0029.

SPREAD THE WORD

Please share our promo video: <https://sepsistrust.org/savvy/promo> and encourage others to sign up.

YOUR HELP IS CRUCIAL

If you like what we do, we'd love to discuss how else we could collaborate. Email savvy@sepsistrust.org.

We're determined to keep our services free. If you'd like to support our work please consider making a donation at <https://sepsistrust.org/make-a-donation/>.

THANK YOU

And remember, if you suspect someone might have sepsis, **Just Ask: "could it be sepsis?"** It's a simple question but it has the power to save lives.

JUST ASK
"COULD IT BE SEPSIS?"

Every year, at least 48,000 people die in the UK from this "silent killer". Asking the question could save a life.



visit us at sepsistrust.org



SEPSIS SYMPTOMS

ADULT

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

- 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 or discoloured

CHILDREN

A 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**

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?"
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

Sepsis is a potentially life-threatening condition caused by an infection. It's hard to spot, but can be easy to treat if caught quickly.

BE SEPSIS SAVVY. SPOT THE SIGNS. SAVE LIVES.

If you or someone you know has been affected by sepsis or COVID-19, our professional support team can help.



THE UK
**SEPSIS
TRUST**

Visit <https://sepsistrust.org/get-support/> or call **FREE** on 0808 800 0029.

IF YOU THINK YOU'VE AN INFECTION
AND ARE FEELING REALLY UNWELL



JUST
ASK

“COULD
IT BE
SEPSIS?”

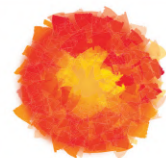
**IT'S A SIMPLE QUESTION,
BUT IT COULD SAVE A LIFE.**

Sepsis is a potentially life-threatening condition, triggered by infection.

It's hard to spot, but it kills 48,000 people a year in the UK.

It can be easy to treat if caught early. The charity urgently needs funding to educate the public and healthcare community on how to spot sepsis.

Please support our work by donating now at sepsistrust.org



THE UK
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TRUST