



WHAT ARE THE SIGNS OF SEPSIS?



**GET SEPSIS SAVVY
SPOT THE SIGNS
SAVE LIVES**

ADULTS

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

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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?"

The UK Sepsis Trust Reg Charity No (England & Wales) 1158843 (Scotland) SC050277.
Company Reg No 8644039. Sepsis Enterprises Ltd. Company Reg No 9583335. VAT Reg No 293133408.



SIGN UP NOW!
sepsistrust.org/savvy/



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sepsistrust.org/savvy/

LEARN ABOUT SEPSIS AND BE A LIFESAVER!

You may have heard about sepsis and wondered what you can do to protect yourself and your loved ones.

This card tells you about sepsis, the signs to look for, and what to do if you suspect someone might have the condition.

By working together to raise awareness of sepsis, we have the power to save thousands of lives every year.

SEPSIS KEY FACTS

- **Sepsis** is what happens when our immune system overreacts to an infection
- It's an emergency condition that affects **245,000** people in the UK every year, claiming **48,000** lives
- We can't stop people developing sepsis, but **it is treatable** if it's caught quickly
- So, it's **really important** to learn the signs of sepsis and look out for one another
- If you're worried about someone, just ask a health professional: **'Could it be sepsis?'** It's a simple question but it could save a life.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

- Seek medical help urgently. Call 999 or go to A&E if someone's clearly ill and has one of the symptoms. And don't forget to: **Just Ask: 'Could it be sepsis?'**
- If you're worried about an infection but don't suspect sepsis, call 111 or contact your GP.

SIGN UP TO SEPSIS SAVVY!

Knowing about sepsis really does save lives. That's why we're working with organisations and communities across the country to raise awareness.

sepsistrust.org/savvy/

THE UK SEPSIS TRUST

UKST is a charity founded in 2012 on a mission to stop thousands of preventable deaths from sepsis every year. We also provide FREE, professional support to people who have been affected by this devastating condition.

Find out more at sepsistrust.org.

Follow us on social media. Search 'UK Sepsis Trust' or #SepsisSavvy.

DONATE TODAY

To support our life-saving work, go to sepsistrust.org/make-a-donation or call 0800 389 6255. Thank you!

ICELAND FOODS CHARITABLE FOUNDATION (IFCF)

We are extremely proud to have IFCF as our lead partner on Sepsis Savvy. To find out more, visit ifcf.org.uk.