

# SEPSIS AWARENESS MONTH 2025

Thank you for downloading this pack and helping raise awareness of sepsis.

If you have any questions or require anything more (we love new ideas!), please email us at [savvy@sepsistrust.org](mailto:savvy@sepsistrust.org)

With your help, we can save thousands of lives every year!



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# CAMPAIGN OVERVIEW

GAME ON FOR SEPSIS AWARENESS THIS SEPTEMBER!



September is Sepsis Awareness Month, and Saturday 13th September is World Sepsis Day, a global day of awareness and fundraising. And this year, we've teamed up with football legend Harry Redknapp to arm as many people as possible with lifesaving information.

Five people die from sepsis every hour across the UK — more than bowel, breast and prostate cancer combined. But, with early recognition and treatment, thousands of lives a year could be saved. Our goal (!) is to spread the word in a fun, simple way through our Sepsis Savvy Shootout game. Players can boost their sepsis knowledge and enter a prize draw to meet Harry himself!



# 3 THINGS YOU CAN DO RIGHT NOW

## PLAY

Play our Sepsis Shootout game and share with friends and colleagues. It's a fun and easy way to arm yourself with lifesaving sepsis awareness knowledge, and **players can enter a prize draw to meet Harry Redknapp!**

## SHARE

Show your support on social media using **#SepsisSavvy**. Together, we can make more people aware that sepsis is a medical emergency.

## DONATE

Every pound supports our lifesaving work.





# SOCIAL MEDIA

## SHOUT ABOUT SEPSIS

Show your support on social media and let people know that you're proud to be #SepsisSavvy. Why not embrace the theme and share a photo of you in your team's football shirt?

You can also [click here](#) to share the signs and symptoms of sepsis on X.

## FOLLOW UKST

We'll be making lots of noise on our socials in September, so be sure to follow us so that you can reshare our life-saving messaging.



## SUGGESTED COPY

Sepsis claims 11 million lives globally each year – with 5 people dying in the UK every hour. But sepsis is often treatable if caught quickly, which is why knowing the signs saves lives. We're supporting the @UKSepsisTrust to encourage as many people as possible to get #SepsisSavvy this September: [sepsistrust.org/team-sepsis-savvy/](https://sepsistrust.org/team-sepsis-savvy/)

Did you know that sepsis claims more lives globally each year than cancer? 48,000 people die in the UK each year from sepsis-related illnesses: that's more than bowel, prostate and breast cancer combined. But knowing the signs of sepsis significantly improves outcomes, so we're supporting the @UKSepsisTrust to encourage our followers to get #SepsisSavvy this #WorldSepsisDay: [sepsistrust.org/team-sepsis-savvy/](https://sepsistrust.org/team-sepsis-savvy/)

Take 5 minutes to play Sepsis Savvy Shootout and arm yourself with potentially life-saving information. We're supporting @UKSepsisTrust to encourage people to get #SepsisSavvy this #SepsisAwarenessMonth: [sepsistrust.org/team-sepsis-savvy/](https://sepsistrust.org/team-sepsis-savvy/)



# SHARE YOUR SEPSIS VOICE

Sepsis Voices is a collection of experiences that reflect the variety and diversity of people affected.

Anyone at any age can develop sepsis, so we need people from all walks of life to be familiar with the signs. By sharing their stories, our Sepsis Voices contributors are raising vital awareness, helping us to end preventable deaths from this often treatable, life-threatening condition.

Sepsis Voices is also a forum for support, with those affected able to seek comfort from knowing others can relate to their experiences.

If you have a Sepsis Voices story you'd like to share, please contact Beth on [voices@sepsistrust.org](mailto:voices@sepsistrust.org)



## AUSTIN'S STORY

It's just muscle pain...

[READ MORE](#)



## RICK'S STORY

It's just a headache...

[READ MORE](#)



## GINA'S STORY

It's just a headache...

[READ MORE](#)

# CLINICAL TOOLS

Since 2015, the UK Sepsis Trust has collaborated with a number of organisations to produce operational clinical tools for all ages – except specifically for neonates – across a wide range of healthcare settings. These tools are aligned with guidance produced by the National Institute of Clinical Excellence (NICE).

[Access the tools](#)

## CPD-ACCREDITED E-LEARNING

We've got detailed CPD-accredited e-learning modules for healthcare professionals who want to learn more about the condition.

Whether you're a clinician or careworker, these modules will help you understand more about sepsis and how you can help save lives.

Access our e-learning [here](#).



# DOWNLOADABLE RESOURCES

## LEAFLETS & POSTERS

We have a selection of leaflets and posters you can download, print and display around your organisation. [Click here](#) to access them. Or we can print them for you. Order them [here](#).

## FUNDRAISING IDEAS

As well as training staff to be aware of how to recognise and treat sepsis, many of our partnered healthcare organisations choose to fundraise to allow our life-saving work to continue.

Here are some fundraising ideas that are appropriate for healthcare settings:

### Step Up to Sepsis challenge

Encourage your colleagues to get into teams and clock up as many steps as possible. You could get competitive and offer a prize to the team who raises the most, or who has the highest step count!

#### Take the first step

### Sports-themed quiz

Time to get quizzical! Get together with friends and colleagues and test each other on your sports-themed knowledge. Encourage donations along the way and crown a worthy winner!

### Lunch & learn

Hold an open session at lunchtime in your hospital, where your colleagues can pop along and learn about sepsis while enjoying some snacks and refreshments, and ask for donations along the way. We can provide you with awareness leaflets, symptom cards and posters.

#### Contact the fundraising team to get started





# SUPPORT SERVICES

Our charity is the only one in the UK that provides Nurse-led support to sepsis survivors and their loved ones, as well as those tragically bereaved by the condition. We'd be grateful for anything you can do to signpost those affected to our services, whether it's a social post, putting up posters or ordering literature.

UKST's team of Support Nurses are available to provide telephone (0808 800 0029) and email support ([support@sepsistrust.org](mailto:support@sepsistrust.org)) **Mon-Fri 9.30-4.30pm, excluding Bank Holidays.**

We also have a range of online and face-to-face support groups, as well as moderated Facebook peer support groups for sepsis survivors, and the bereaved.

Find out more about our services [here](#).

[Facebook group \(survivors\)](#)

[Facebook group \(bereaved\)](#)

## SOCIAL MEDIA COPY

If you've lost a loved one to sepsis then you might have questions about what happened to them, or want to speak about your grief at a support group.

The UK Sepsis Trust has a team of friendly Support Nurses who understand what you're going through and can help. Get in touch today:  
<https://sepsistrust.org/get-support/>

The UK Sepsis Trust provides free Nurse-led support to those affected by #sepsis.

If you're a sepsis survivor looking for information to aid you in your recovery, visit their website:  
<https://sepsistrust.org/get-support/>



# WHAT ARE THE SIGNS?

## SEPSIS IN ADULTS IS A SERIOUS CONDITION

that can initially look like flu, gastroenteritis or a chest infection. Sepsis affects more than 245,000 people every year in the UK.

The UK Sepsis Trust registered charity number (England & Wales) 1158843

Seek medical help urgently if you develop any or one of the following:

**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

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

## ANY CHILD WHO:

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

## MIGHT HAVE SEPSIS

Call 999 and ask: **could it be sepsis?**

The UK Sepsis Trust registered charity number (England & Wales) 1158843

## ANY CHILD UNDER 5 WHO:

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

## MIGHT HAVE SEPSIS

If you're worried they're deteriorating **call 111** or **see your GP**

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

