

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

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 out 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. I'm supporting the @UKSepsisTrust to encourage as many people as possible to get #SepsisSavvy this September: 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 I'm supporting the @UKSepsisTrust to encourage our followers to get #SepsisSavvy this #WorldSepsisDay: sepsistrust.org/team-sepsis-savvy/

Take 5 minutes to play Sepsis Savvy Shootout and arm yourself with potentially life-saving information. I'm supporting @UKSepsisTrust to encourage people to get #SepsisSavvy this #SepsisAwarenessMonth: 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



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](#)



COMMUNITY AWARENESS

Whether you're interested in giving talks to local community groups or hosting a fundraiser, there are lots of ways you can get involved with our life-saving work.

Find out more about becoming a volunteer [here](#).

Get fundraising inspiration [here](#).

CONTACT LOCAL SPORTS TEAMS

Local sports teams can easily reach lots of fans with our life-saving messages through event programmes or half time announcements. Why not ask your local club or sports team whether they could support our work this September?

REACH OUT TO YOUR COUNCIL OR MP

Just like sports teams, your local council or MP can help reach thousands of people in your community through their social media channels. Reach out and ask for their support in the fight against sepsis.

[Access email/letter templates](#)

GET YOUR KID'S SCHOOL INVOLVED

UKST has a series of lesson plans for schools, so use our letter template to encourage your child's school to sign up as a #SepsisSavvy organisation.



EDUCATE YOUR COLLEAGUES

If you'd like us to deliver a sepsis awareness session to your work colleagues, send us a message at partnerships@sepsistrust.org

CPD-ACCREDITED E-LEARNING

As well as one-off staff awareness sessions which give a brief introduction to sepsis, we have detailed CPD-accredited e-learning modules for individuals who want to learn more about the condition.

Whether you're a clinician, careworker, or simply a concerned parent, son/daughter or friend, 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 at work or in your community.

[Click here](#) to access them.

Or we can print them for you. Order them [here](#).



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:

Slurred speech or confusion

Extrême shivering or muscle pain

Passing no urine (in a day)

Severe breathlessness

It feels like you're going to die

Skin 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.

