



# SEPSIS FACT SHEET

**Sepsis is the body's overwhelming response to infection, which can lead to tissue damage, organ failure, amputations, and death.**

## WHO GETS SEPSIS?

While sepsis is more likely to affect very young children, older adults, people with chronic illnesses, and those with weakened immune systems, sepsis is an equal-opportunity killer, affecting people of all ages and levels of health.

## WHAT ARE THE SYMPTOMS?

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- T** **Temperature:** Higher or lower than normal
- I** **Infection:** May have signs and symptoms of an infection
- M** **Mental Decline:** Confused, sleepy, difficult to rouse
- E** **Extremely Ill:** "I feel like I might die," severe pain or discomfort

If you see a combination of these symptoms, especially if there is a recent history of a cut, surgery, invasive procedure, or infection, call 911 or go to a hospital with an advocate and say, **"I am concerned about sepsis."**

## WHAT CAUSES SEPSIS?

Sepsis is caused by an infection. The infection can be viral, bacterial, fungal, or parasitic. It can be an infection that started in a paper cut or bug bite, or a larger infection, like pneumonia or meningitis. Sometimes, doctors never learn what the infection was.

## SEPSIS PREVENTION?

Sepsis can't always be prevented, but the risk drops when you take steps to prevent or treat infections as quickly as possible. You can do this by staying current with vaccinations, practicing good hygiene, and seeking medical help when you suspect you have an infection.