

GET AHEAD OF SEPSIS

FOR HEALTHCARE PROFESSIONALS
IN LONG-TERM CARE

BE VIGILANT. PROTECT YOUR RESIDENTS FROM SEPSIS.

KNOW THE RISKS. SPOT THE SIGNS. ACT FAST.

More than **1.5 million** people get sepsis each year in the U.S.

At least 250,000 Americans die from sepsis each year.

Sepsis is a medical emergency. Protect your residents by acting fast. Delayed recognition and treatment of sepsis increases your residents' risk of death.

SPOT THE SIGNS

Sepsis is the body's extreme response to an infection. It is life-threatening, and without prompt treatment, often rapidly leads to tissue damage, organ failure, and death. It happens when an infection your resident already has—like in their skin, lungs, or urinary tract—triggers a chain reaction throughout their body.

KNOW THE RISKS

Anyone can get an infection, and almost any infection can lead to sepsis. Adults 65 or older are at an increased risk of developing infections that can lead to sepsis. Sepsis also more commonly occurs in:

- People with chronic medical conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with weakened immune systems
- Children younger than one

The most frequently identified pathogens that cause infections that can develop into sepsis include *Staphylococcus aureus* (staph), *Escherichia coli* (E. coli), and some types of *Streptococcus* (strep).

PREVENT INFECTIONS AND ACT FAST

You play a critical role. Remember to:

- **Act fast if you suspect sepsis**, or if your residents' infections are not getting better or are getting worse. There is no single symptom of sepsis. Signs of sepsis can include a combination of any of the following:



CONFUSION OR DISORIENTATION



SHORTNESS OF BREATH



HIGH HEART RATE



FEVER, OR SHIVERING, OR FEELING VERY COLD



EXTREME PAIN OR DISCOMFORT



CLAMMY OR SWEATY SKIN

To learn more about sepsis and how to prevent infections, visit www.cdc.gov/sepsis.

- **Prevent infections** by following infection control practices (e.g., hand hygiene, catheter removal) and ensuring residents receive recommended vaccines.
- **Ensure residents' scrapes and wounds are kept clean until healed.**

This project has been funded in whole or in part with Federal funds from the National Center for Emerging Zoonotic and Infectious Diseases (NCEZID), Centers for Disease Control and Prevention (CDC), Department of Health and Human Services (HHS), under Contract No. 200-2016-F-90343.

