

Get Ahead of Sepsis

Anyone can get an infection, and almost any infection can lead to sepsis.

1



Prevent Infections

Talk to your doctor or nurse about steps you can take to prevent infections.

- Take good care of chronic conditions.
- Get recommended vaccines.

2



Practice Good Hygiene

Remember to wash your hands and keep cuts clean and covered until healed.

3



Know the Symptoms

Symptoms of sepsis can include any one or a combination of these:

- Confusion or disorientation.
- Shortness of breath.
- High heart rate.
- Fever, or shivering, or feeling very cold.
- Extreme pain or discomfort.
- Clammy or sweaty skin.

4



Act Fast

Get medical care **immediately** if you suspect sepsis or have an infection that's not getting better or is getting worse.

**Sepsis is a medical emergency.
Time matters.**

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Infections put you and your family at risk for a life-threatening condition called sepsis.

Sepsis is the body's extreme response to an infection. It is life-threatening, and without timely treatment, sepsis can rapidly lead to tissue damage, organ failure, and death. Sepsis happens when an infection you already have—in your skin, lungs, urinary tract or somewhere else—triggers a chain reaction throughout your body.

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

Source: Centers for Disease Control and Prevention (CDC). 4 Ways to Get Ahead of Sepsis. www.cdc.gov/sepsis/media/pdfs/Consumer-infographic-four-ways-to-get-ahead-of-sepsis-P.pdf



This material was prepared by Health Services Advisory Group (HSAG), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. Publication No. QN-12SOW-TQIH-06202024-01

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