Post-Sepsis Syndrome (PSS) Signs and Symptoms

People who have had sepsis are at higher risk for getting sepsis again, so it is important to stay alert for possible warning signs. This tool helps staff, residents, and families recognize signs and symptoms that may occur after sepsis. When a resident is admitted with a recent or past sepsis diagnosis, staff should monitor closely for these warning signs. Residents with PSS can decline quickly and may need prompt assessment or treatment.[1,2]

☑	Signs/Symptoms
☐	Fever higher than 100.4 °F (38 °C) or less than 96.8 °F (36 °C)
☐	Shivering or very cold
☐	Pale or discolored skin
☐	Pain and body aches that are worse than normal
☐	Nausea or vomiting
☐	Fast or skipping heartbeat
☐	Dizziness when standing up or fainting
☐	Sleepiness or difficult to arouse
☐	Confusion
☐	Shortness of breath
☐	Redness, swelling, or drainage of pus from any wounds
☐	Increased pain, redness, or warmth at an infection site
☐	Redness, swelling, or leaking around an intravenous (IV) site
☐	Feels “like they are going to die”

References:
1. Sepsis Alliance. Post-Sepsis Syndrome—PSS. Available at: www.sepsis.org/sepsis-basics/post-sepsis-syndrome. Accessed on: September 23, 2026.
2. Centers for Disease Control and Infection Prevention. Managing Recovery from Sepsis. Available at www.cdc.gov/sepsis/living-with/index.html. Accessed on September 23, 2026.

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