

# Care Gram

## Sepsis

### What Is Sepsis?

Sepsis is a severe infection that spreads throughout the body. This infection may occur when you have an existing injury or infection. Germs (bacteria) travel through the blood stream to body organs, such as the lungs or kidneys. Widespread infection makes it hard for these organs to receive needed oxygen and nutrients. When this occurs, organs can be damaged and may start to fail.

Sepsis may cause death in people who are not able to fight the infection. This most often occurs when the immune system is weak or there are other health problems.

### Are You at Risk for Sepsis?

You are at a higher risk for sepsis if you have a:

- Catheter
- Severe burn or trauma
- Chronic disease
- Weak immune system

Babies (under age 1 year) and older people (over age 65) also are more likely to get sepsis.

### You Can Help Prevent Sepsis

- Wash your hands often to prevent the spread of infection. Use soap and water or use an alcohol based hand sanitizer.
- Ask anyone who visits or care for you to wash their hands before touching you.
- Be sure you receive the yearly flu vaccine and the pneumonia vaccine if recommended.

### What Are the Symptoms of Sepsis?

Signs of sepsis may include:

- Confusion
- Chills or shaking
- Fast breathing
- Fast heart rate
- Less urine output
- Low blood pressure
- Skin rash or color change
- Fever or low body temperature
- Feel lightheaded
- Small blood clots may form

### How Is Sepsis Treated?

Sepsis will make you very sick, very quickly. Antibiotics and intravenous fluids (given through a needle in your vein) must be given right away. Other treatments may be needed if body organs start to fail.

Licking Memorial Health Systems complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or sex.

ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1 (220) 564-4006 (TTY: 1 (220) 564-4729).

注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1 (220) 564-4006 (TTY: 1 (220) 564-4729)。

This Care Gram is for information purposes only. It may become out-of-date over time. Ask a doctor or a healthcare professional about your specific condition.



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