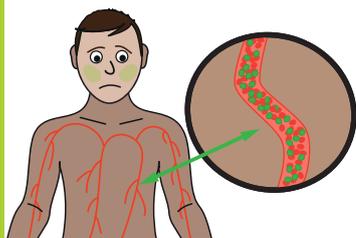




Information about Sepsis for adults



Sepsis is what happens when your body reacts badly to an infection.

It is an infection in your blood.

It is **very dangerous** and could kill you if you do not **get treatment quickly**.



Sepsis can happen if you have

a cut and wound

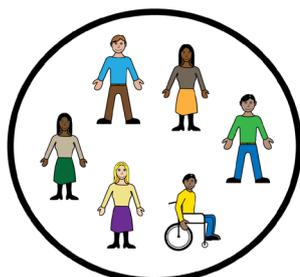
any type of infection.



Anyone can get Sepsis.

It can be hard to tell if someone has Sepsis.

There are lots of symptoms that are like other illnesses.



People with a learning disability may be more likely to not communicate that they are ill. This means that when they get poorly from illnesses like Sepsis they become more poorly before treatment starts .

This might be because

- they have other health issues
- difficulties with communication
- people not recognising Sepsis



When someone is poorly it is important to make sure that it is not sepsis.



When to phone 111

If you have some or all of these



Skin that feels cold, hot or looks sweaty



Feeling very hot or very cold or shivering



Feeling really poorly



Feeling sleepy

Not going for a wee all day



Aching muscles



Having a poorly stomach



Being sick



Have swelling, redness or pain around a cut or wound



When to phone 999

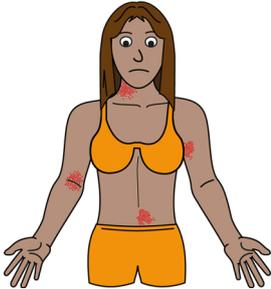
If you have some or all of these



Skin that looks lighter than normal



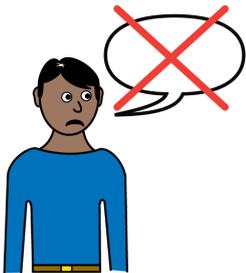
Your skin, lips or tongue might look blue



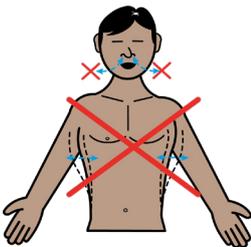
Red patches on the skin or a rash that does not go when you roll a clear glass over it



Feeling confused



Slurred speech or not making sense



Feeling like you can't breathe or breathing fast



If you have these symptoms or you are worried you need to:

- **Call NHS number: 111**
- **Go to A&E at your local hospital or call 999**

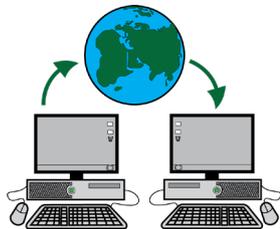
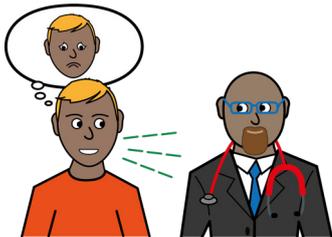
You must do this straight away.

Tell them that you are worried about Sepsis.



Do not wait to tell someone.

It is very important that you are seen very quickly because Sepsis can damage tissues and muscles.



If you have any questions about Sepsis you could ask your nurse or GP.

If you want anymore information then go to

www.nhs.uk/conditions/sepsis/

www.sepsistrust.org

If you have symptoms of Sepsis don't delay getting help.