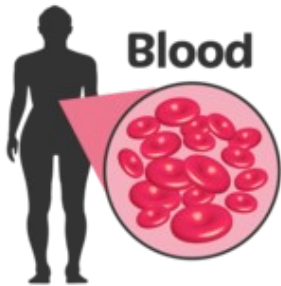




Sepsis

What is sepsis?



- Sepsis is a **very serious illness**

It is an emergency

- If someone already has an infection, it can turn into sepsis
- Sepsis is the body's reaction to that infection
- It means **the body attacks itself**



Who can get sepsis?



- **Anyone can get sepsis**
- Some people are more likely to get sepsis than others
- This is because it is more difficult for some people to fight infections

Who is more likely to get sepsis?



- Very old people or very young people



- People who already have an illness like diabetes or heart disease

- People who had an operation not long ago

- People who take some medications, like steroids



- People who normally find it hard to fight infections because they have immune system problems



- Women who are going to have a baby or have just had a baby

- People who are very underweight

What to look out for



You must **call your GP or for an ambulance straight away if you or someone you care for have**



- Slurred speech - speech that is hard to understand
- Confusion – not sure about what is going on
- Bad muscle pain or a lot of shivering
- Not had a wee for a day



- Problems breathing
- Feel very sick
- Skin that is blotchy or a different colour from normal

More things to look out for



- A very high or very low temperature
- Feeling very sleepy
- A very bad tummy pain
- Feeling very dizzy or like they are going to faint or are having a seizure
- A rash that doesn't go when you press on it
- Not eating or drinking anything
- Being sick again and again
- An upset tummy and runny poo



- Feeling like they have flu with a cough and aches and pains
- Cold and sticky feeling skin

What to do next

If you or someone you care for have any of these things

And

Do not normally have these things



Call your GP or 111 for help straight away



If you are very worried call 999

Say you are worried about sepsis



Made by Islington Learning Disabilities Partnership (ILDP)