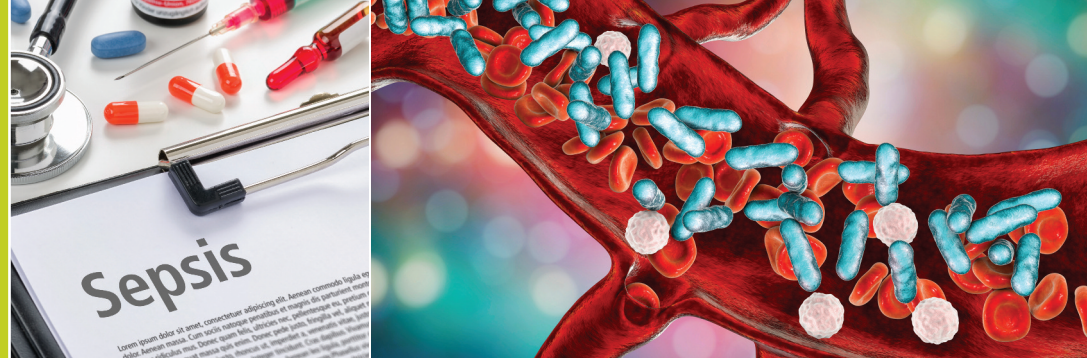


What is Sepsis?



Sepsis is a life threatening reaction to an infection; sometimes called septicaemia or blood poisoning, it can be hard to spot.

Sepsis occurs when your immune system overreacts to an infection and starts to damage your body's own tissue and organs.

You cannot catch sepsis from another person.

If you think you or someone you look after has symptoms of sepsis, call 999 or go to A&E

Sepsis can be especially hard to spot in:

- Babies and young children
- People with dementia
- People with a learning disability
- People who have difficulty communicating

Call 999 or go to A & E if an adult or older child has any symptoms of sepsis listed below:

- Acting confused, slurred speech or not making any sense
- Blue, pale or blotchy skin, lips or tongue
- A rash that does not fade when you roll a glass over it, the same as meningitis
- Difficulty breathing, breathlessness or breathing very fast
- They may not have all of these symptoms

Call 999 or go to A&E if a baby or young child has any symptoms of sepsis listed below:

- Blue, pale or blotchy skin, lips or tongue
- A rash that does not fade when you roll a glass over it, the same as meningitis
- Difficulty breathing (you may notice grunting noises or their stomach sucking under their ribcage), breathlessness or breathing very fast
- A weak, high pitched cry that is not like their normal cry
- Not responding as they usually would or not interested in feeding or normal activities
- Being sleepier than usual or difficulty to wake

Call 111 if you, your child or someone you look after:

- Feels very unwell or feels there is something seriously wrong
- Has not passed urine all day (adults and older children) or in the last 12 hours (babies and young children)
- Keeps vomiting and cannot keep any food or milk down (babies and young children)
- Has swelling, redness or pain around a cut or wound
- Has a very high or low temperature, feels hot or cold to the touch, or is shivering

Do not worry if you are not sure if it could be sepsis, it is still best to call 111