







and symptoms are present.

- and sepsis.
  Seeking immediate care if signs
- symptoms of worsening infection
  - Managing chronic conditions.
- Keeping cuts and wounds clean and covered until healed.
  - Keeping cuts and wour
  - Preventing infections.

Educate your patients and their families about:

infection control practices (e.g., hand hygiene, appropriate catheter management) and ensuring patients receive recommended vaccines.

- Prevent infections by following
  - Act fast if you suspect sepsis.

Know sepsis signs and symptoms to identify and treat patients early.

How can I get ahead of sepsis?



## Who is at risk for sepsis?

Anyone can develop sepsis, but some people are at higher risk for sepsis:

- Adults 65 or older
- Children younger than one
- People who survived sepsis
- People with chronic conditions, such as diabetes, lung disease, cancer, and kidney disease
- People with recent severe illness, surgery, or hospitalization
- People with weakened immune systems
- Women who are pregnant or postpartum

## What are the signs and symptoms of sepsis?

A patient with sepsis might have one or more of the following signs or symptoms:



High heart rate or low blood pressure



Fever, shivering, or feeling very cold



Confusion or disorientation



Shortness of breath



Extreme pain or discomfort



Clammy or sweaty skin

You should immediately evaluate and treat patients who might have sepsis.

## To assemble the pocket guide:

- 1. Print landscape on 8.5x11 paper
- 2. Cut along the perforated line
- 3. Fold in half vertically (top to bottom)
- 4. Fold in half horizontally (left to right)