

Health Maintenance Tip



Could it be Sepsis?

Sepsis, or septicemia, occurs when the body has an extreme response to an infection. Without prompt treatment, organ failure can quickly follow - but the early symptoms of sepsis are similar to many less catastrophic illnesses.

What can you do?

The signs and symptoms of sepsis include: shivering, fever, or feeling very cold; sudden pain or discomfort; clammy or sweaty skin; confusion or disorientation; shortness of breath and a high heart rate. If you or someone close to you has these symptoms seek emergency care immediately, and be sure to say "I AM CONCERNED ABOUT SEPSIS". Sepsis has just become a major focus of public health education.

What actions can you take to prevent sepsis?

Know if you are at risk. About 70 percent of patients with sepsis had received health care services recently, often as an inpatient; or they had chronic diseases that required regular medical care.

Ask questions. Many cases of life-threatening sepsis could be recognized and treated long before it causes severe illness or death through better communication between patients and doctors about the risk of getting sepsis after a medical procedure. Stay current with vaccinations for pneumonia, flu, tetanus, and other infections that could lead to sepsis.

Go to the CDC Sepsis Fact Sheet for more tips about preventing and treating sepsis.
<http://www.cdc.gov/Sepsis/pdfs/Sepsis-fact-sheet.pdf>