What should I do if I am concerned about having sepsis?

Early recognition and treatment of sepsis saves lives.

If you are showing any of these signs and symptoms **which are not usual for you**, you should seek help.

Call 999 if you are very concerned.

If you are concerned, but don't think you need to go straight to hospital, call your doctor immediately.

If there is any delay in talking to your doctor call the 111 service for further advice.

Remember - call 999 if you are very concerned.

Where can I get more information?

The UK Sepsis Trust

Telephone: 0808 800 0029

Website: https://sepsistrust.org/

NHS Choices

https://www.nhs.uk/conditions/sepsis/

You can receive help with queries about NCH&C services from

Patient Advice and Liaison Service

Telephone: **0800 088 4449**

Email: **pals@nchc.nhs.uk**

(Monday-Friday 9am-5pm)

IN TRAN communication for all

If you would like this leaflet in an alternative format such as large print, audio or braille or in a different language please contact **01603 697492.**

Leaflet produced by Norfolk Community Health and Care NHS Trust, February 2018

Version 2 Review Date: February 2020

NHS
Norfolk Community Health and Care
NHS Trust

Think... could this be sepsis?

Information and advice for patients

Looking after you locally

Why have I been given this leaflet?

You have been given this leaflet because you have been unwell and have signs that you have, or may have, an infection.

Because of this we need you to know about sepsis, which is a dangerous complication that can arise from any type of infection.

If your condition has changed since you last saw a doctor, this leaflet is provided to help you decide if you need further healthcare or assessment.

What is sepsis?

Sepsis is a life-threatening condition and needs emergency treatment, usually in hospital. The symptoms of sepsis may be vague and not specific so seek medical advice immediately if you have concerns.

Currently around 250,000 people a year develop sepsis in the UK and of these about 46,000 die*.

You should always seek help if you, or anyone you're with, develops the following signs and/or symptoms.

How do I recognise sepsis?

S Shivering, fever, very cold or sweaty skin.

E Extreme pain or discomfort.

P Pale, mottled or discoloured skin.

S Sleepy, confused or slurred speech.

I "I feel really unwell".
"I don't feel right".

S Shortness of breath.

* Sepsis Trust Manual 4th Ed 2017

Other signs/symptoms which could suggest sepsis include:

- Very high or low body temperature.
- Feeling very sleepy or about to lose consciousness.
- Severe tummy (abdominal) pain.
- Feeling very dizzy or faint, or having a fit (seizure).
- A rash which does not fade with pressure.
- Not eating any food or drinking any fluid.
- Being sick (vomiting) repeatedly.
- Diarrhoea.
- A flu-like illness with a cough, muscle aches and joint pains.

Please remember:
It's not just adults who can develop sepsis. Children are vulnerable too.