



SEPTEMBER IS SEPSIS AWARENESS MONTH

Did You Know That Sepsis Is A Medical Emergency?

Sepsis is the body's overwhelming and life-threatening response to an infection. Sepsis can lead to organ failure and death if not identified and treated early. **TIME MATTERS.** Early recognition and early treatment are the keys to beating sepsis.

In the U.S. sepsis kills approximately 258,000 people a year; which means one (1) person dies from sepsis every two (2) minutes.

Symptoms Of Concern For Sepsis:

- Abnormal temperature (>101°F or < 96.8°F)
- Fast heartbeat
- Rapid heartbeat or difficulty breathing
- Chills
- Low blood pressure or dizziness
- Less urine output than usual
- Extreme weakness or sleepiness
- Change in level of consciousness or temperament
- Extreme pain
- Feeling sicker than you have ever been

Who Is High Risk For Sepsis?

- The elderly, over the age of 65.
- Children, especially infants under the age of one year.
- Nursing home residents
- Those who are immunocompromised and must take daily steroids, or have HIV, Sickle Cell, splenectomy, chronic alcohol or IV abuse or are pregnant.
- Those who have implanted devices such as Port A Cath, Peritoneal dialysis catheters, tunneled Perm-a-Cath, new pacemakers and/or defibrillator.
- Those with comorbidities such as diabetes, CHF, COPD, high blood pressure and heart disease.
- Those with open or non-healing wound, have a recent surgical incision, trauma or burns.



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Most Common Sources of Infection:

- Skin - such as wounds that are not healing, recent surgical sites, bug bites, chicken pox, cellulitis.
- Kidney or urinary tract.
- Lungs.
- Abdomen - such as gallbladder, colitis, appendicitis.

**If you have a possible source of infection and a symptom of concern for sepsis. ACT FAST!
Go to your nearest Urgent Care or Emergency Room as soon as possible or call 9-1-1.
Tell them "I am concerned for sepsis"- because TIME MATTERS!*

How To Prevent Sepsis:

- Focus on preventing and recognizing infection.
- Keep wounds clean.
- Talk all antibiotics/medications as prescribed.
- Monitor and control your blood sugar.
- Get routine vaccinations and immunizations.
- Practice good hygiene.
- Wash your hands with soap and water after using the bathroom, before eating or if visibly dirty.
- Use hand sanitizer for all other occasions – or if running water is not available.
- When coughing or sneezing, cough or sneeze into elbow or tissue.
- Eat a healthy diet to support the immune system.
- Visit your dentist/doctor routinely for dental and physical checkups.

If You Think That You Could Have Sepsis:

If you feel that you have a possible infection along with symptom(s) of concern for Sepsis, go to the nearest Emergency Room or call **9-1-1**.

Sources:

Centers For Disease Control & Prevention - <https://www.cdc.gov/>

Sepsis Alliance - <https://www.sepsis.org/>



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