



## A WHAT IS SEPSIS?

“Sepsis” is a life-threatening condition involving many areas of the body. Sepsis affects over one million people every year and is more common in the elderly (65 and older). It begins as an infection (for example, pneumonia, UTI) and then, if not promptly and properly treated, may get out of control. Your blood pressure can drop (“shock”) and death may occur.

## B DO I HAVE SEPSIS?

- Those who are elderly and have uncontrolled diabetes, kidney disorders or heart disease are at high risk.
- Better control of such disease(s) may lessen one’s risk of **sepsis**.

### Top 5 signs of sepsis:

- Fever & shivering
- Shortness of breath
- Clammy skin
- Extreme pains
- Heart “racing”

## C WHAT SHOULD I DO?

- Get vaccinated against the flu and pneumonia.
- Don’t smoke.
- Prevent infections by practicing good hygiene (like hand-washing).
- If an infection is not improving after a “reasonable” amount of time, call your doctor.

**SEPSIS IS A MEDICAL EMERGENCY!** *If you have any signs of sepsis, seek immediate medical attention by calling 911 or a local emergency phone number. Prompt treatment may be the difference between life and death.*