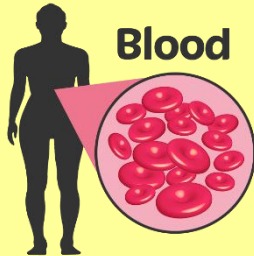




Northamptonshire County Council



Sepsis

sometimes called a Blood Infection

It is a serious illness that can damage the main organs in the body and lead to death.



It is a medical emergency



If you think a child or adult has Sepsis you must always Call 999.



If you recently had an infection or an injury and you are not sure about the early signs of Sepsis
call NHS 111 and ask



Find out how to spot Sepsis in this leaflet



Sepsis is a serious condition of the body that can happen after an infection.



It does not happen very often but can make you very ill and cause damage to the body that cannot be fixed.



It is important that Sepsis is treated quickly so it does not damage the main organs of the body like the lungs or kidneys.



You cannot tell if someone has Sepsis from one sign. It can sometimes look and feel like flu or a bad stomach infection or chest infection.



If you think you or someone you know has Sepsis it is really important that you say something and get medical help. Don't worry about asking questions.



The signs for Sepsis look a bit different for young children than they do for older children and adults.



If a young child under 5 has more than one of the following things all at once you should go straight to Accident and Emergency or call 999 to get urgent medical help:



- Skin looks a funny colour for example blotchy (sometimes called mottled), or has skin that looks blue or pale
- feels very cold to touch
- has a rash on the skin that does not fade away when you press it



- is very sleepy and difficult to wake up
- looks tired and has no energy
- is confused or very irritable



- is breathing very fast or finds it hard to breathe



- has a fit sometimes called a convulsion



- has a high temperature (feels hot to touch)



- did not wee for 12 hours



Babies might also

- be sick a lot
- stop feeding
- not have a wet nappy for 12 hours
- be floppy or weak



If you are not sure, call NHS 111 and ask



If an older child or adult has more than one of the following things all at once you should get urgent medical help.



or



- a high temperature (fever) or low body temperature (cold to touch)
- chills and shivering
- a fast heartbeat
- fast breathing

It can be more serious if the person also has other things like:



- feel dizzy or faint
- seem confused or don't know what they are doing
- can't speak clearly
- cannot be woken up



- diarrhoea (runny poo)
- feel sick or is sick



- pain in their muscles



- are very out of breath



- are not weeing properly, for example, not going for a wee for a day



- have cold, clammy (sweaty) and pale or blotchy skin



If you are not sure, call NHS 111 and ask

