

# EARLY SIGNS AND SYMPTOMS OF SEPSIS

Has your healthcare provider diagnosed you with an **INFECTION**?  
You could be at risk for **SEPSIS**. Know the signs!

**What is Sepsis?** Sepsis is your body's life-threatening response to an INFECTION anywhere in your body. Anyone can get sepsis!



## Signs and Symptoms of Sepsis

Watch for a combination of **INFECTION** + fever or feeling chilled, confusion/sleepiness, fast heart rate, fast breathing or shortness of breath, extreme pain and pale/discolored skin.



## SEPSIS IS A MEDICAL EMERGENCY

### GREEN Zone: ALL CLEAR - *Feeling well*

- No fever or feeling chilled
- No fast heart rate
- No increase in pain
- No confusion or sleepiness
- Easy breathing

### RED Zone: *Call your doctor or nurse immediately if you experience INFECTION and...*

- Fever or feeling chilled
- Confusion/sleepiness (recognized by others)
- Fast heart rate
- Fast breathing or shortness of breath
- Extreme pain
- Pale or discolored skin

..... *If you are unable to reach your doctor or nurse,* .....  
**CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.**

Key Contacts:

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