



JUST ASK
"COULD IT BE SEPSIS?"
 IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.

WHAT IS SEPSIS?

Also known as blood poisoning (septicaemia), sepsis is the reaction to an infection in which the body attacks its own organs and tissues. If left untreated sepsis can lead to shock, multi-organ failure and death.

Sepsis CAN arise as a result of any infection. If your child has (or has had) a fever or a very low temperature, and is getting worse or not improving as expected, look for the symptoms below.

ANY CHILD WHO:

- 1 Is breathing very fast
- 2 Has a 'fit' or convulsion
- 3 Looks mottled, bluish, or pale
- 4 Has a rash that does not fade when you press it
- 5 Is very lethargic or difficult to wake
- 6 Feels abnormally cold to touch

MIGHT HAVE SEPSIS
 Call 999 and ask: could it be sepsis?

ANY CHILD UNDER 5 WHO:

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

MIGHT HAVE SEPSIS
 If you're worried they're deteriorating call 111 or see your GP

SEPSIS AFFECTS AS MANY AS 25,000 CHILDREN EVERY YEAR IN THE UK



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OPEN WIDE AND JUST ASK
"COULD IT BE SEPSIS?"
WHAT IS SEPSIS?

Also known as blood poisoning (septicaemia), sepsis is the reaction to an infection in which the body attacks its own organs and tissues. If left untreated sepsis can lead to shock, multi-organ failure and death.

Seek medical help urgently if you develop any or one of the following:

- Slurred speech or confusion
- Extreme shivering or muscle pain
- Passing no urine (in a day)
- Severe breathlessness
- It feels like you're going to die
- Skin mottled or discoloured



HELP US SAVE 14,000 LIVES
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NHS


SEPSIS
 IS A RARE BUT SERIOUS COMPLICATION OF AN INFECTION

If your child has any of these symptoms you should take immediate action:

- Looks mottled, bluish or pale
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch
- Is breathing very fast
- Has a rash that does not fade when you press it
- Has a fit or convulsion

Acting quickly could save your child's life. If your child has any of these symptoms, don't be afraid to go to A&E immediately or call 999.

For more information visit nhs.uk/sepsis or sepsistrust.org



NHS

IF YOU'RE FEVERISH OR SHIVERING AND FEELING REALLY UNWELL

JUST ASK
"COULD IT BE SEPSIS?"

IT'S A SIMPLE QUESTION, BUT IT COULD SAVE LIVES.

Sepsis is a potentially life-threatening condition, triggered by infection. It's hard to spot, but it kills 14,000 people a year in the UK. It can be easy to see a child's well. The charity urgently needs funds to run its public and healthcare campaigns so we can spot more people.

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