Sepsis Compass

Know sepsis. Act fast.

Sepsis is a medical emergency. Even one sign after an infection, surgery, or injury counts.



Fever or very low temperature

High fever with shivering – or feeling unusually cold



Fast, hard breathing

Shortness of breath or very fast breathing, even at rest



Confusion

Suddenly confused, hard to wake, "not themselves"



Extreme illness or pain

Severe pain – "the sickest I've ever been"



Little or no urine

Much less urine than usual over several hours



Clammy, mottled skin

Pale or blotchy skin, bluish lips, cold hands and feet

Ask out loud:

"Could it be sepsis?"

In an emergency, call now:

911

Not sure, but not an emergency? Call your doctor or your clinic's nurse line.