

Could it be sepsis?



People with sepsis get very sick, very quickly and need medical help fast.



What is sepsis?

Sepsis is when your body has an extreme, life-threatening response to an infection. People with sepsis say they feel very sick (the worst they have ever felt) and get sick very quickly.

What are the signs or symptoms?



Getting very sick, very quickly



Difficulty breathing



Confusion



Not needing to urinate (wee) all day or less often than usual



A rash or blue, grey, pale or blotchy skin

There are many signs and symptoms of sepsis. You do not need to have all of the symptoms listed.

What if I think I have sepsis?

Sepsis is a life-threatening condition and needs immediate medical attention.

Sepsis can cause death or permanent damage without treatment.

Even if you have already seen a doctor, if you or your loved one is still sick and not getting better, go back to your doctor or hospital emergency department, or call Triple Zero (000) if it is an emergency.

Don't be afraid to ask "could it be sepsis?"

Call your doctor or healthdirect on **1800 022 222** (24-hour service) if you are unsure, or if you or your child have general symptoms of infection that may lead to sepsis.

Don't be afraid to ask your doctor, 'could it be sepsis?'

- Dr Shanthini Seelan



To learn more about sepsis visit health.nsw.gov.au/sepsis

