

SEPSIS AWARENESS CAMPAIGN

Could it be sepsis?

NSW Health

Communication toolkit

April 2024

Purpose of this toolkit

Sepsis is a time critical medical emergency. It accounts for up to 30% of urgent calls for medical help in NSW hospitals and is a common cause of in-hospital death. Sepsis is the immune system's response to an infection which causes the body to attack its own tissues and organs. It can occur in response to any bacterial, viral, or fungal infection. If sepsis is not treated quickly, it can lead to organ failure, amputation and death.

Sepsis can affect everyone, but the elderly, young children and the immuno-compromised as most at risk.

This toolkit has been developed to help you communicate with your local community, and aims to increase the public's awareness of sepsis, its symptoms, and the need to seek medical help fast. The call to action is for the public to feel comfortable in asking, "Could it be sepsis?"

Assets can be downloaded from the links provided and localised or adapted if desired. If there are any other assets that would be helpful for you to engage with your community, please contact us.

The latest information on sepsis can be found www.health.nsw.gov.au/sepsis

Thank you for your ongoing support to help protect the NSW community.

Contacts

Stakeholder Engagement Team

Strategic Communications & Engagement, NSW Ministry of Health

MOH-StakeholderEngagement@health.nsw.gov.au

Key messages

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

- Sepsis is when your body has an extreme, life-threatening response to an infection.
- People of all ages can get sepsis.
- Sepsis is a medical emergency that needs urgent treatment.
- People with sepsis say they feel very sick (the worst they have ever felt) and get sick very quickly.
- Sepsis makes kids very sick, very quickly.
- You know your child best. If you think they are really sick, get help fast.
- Know the symptoms. Get help fast.
- Don't be afraid to ask, 'could it be sepsis?'

1

Resources for community

Posters

Digital versions of our posters are available [here](#).



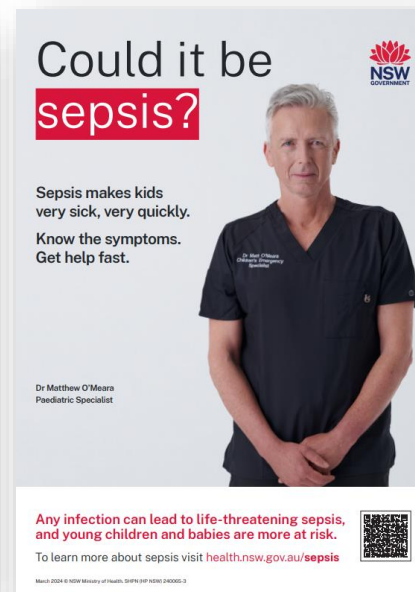
Aboriginal adult

Download [here](#)



Parents and carers

Download [here](#)



Parents and carers

Download [here](#)



Adults

Download [here](#)



Adults 65+

Download [here](#)

Flyers

Digital versions of our flyers are available [here](#).



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 Seetan



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

Adults
Download [here](#)



Could it be sepsis?

Sepsis makes kids very sick, very quickly.

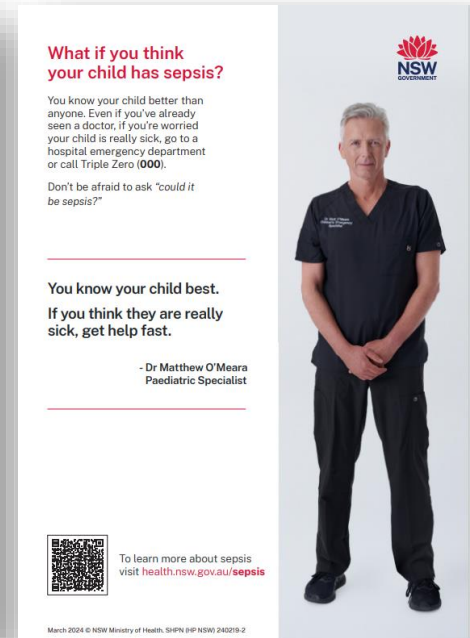
Know the symptoms. Get help fast.

What is sepsis?
Sepsis is when your body has an extreme response to an infection. It is a life-threatening condition and needs immediate medical attention. Sepsis always starts with an infection and young children and babies are more at risk.

What are the signs or symptoms?

- Getting very sick, very quickly
- Not needing to urinate (wee) all day or less wet nappies (less wee) than usual
- A rash or blue, grey, pale or blotchy skin
- Feeling your child is very sick - trust your instincts

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




What if you think your child has sepsis?

You know your child better than anyone. Even if you've already seen a doctor, if you're worried your child is really sick, go to a hospital emergency department or call Triple Zero (000).

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

You know your child best. If you think they are really sick, get help fast.

- Dr Matthew O'Meara
Paediatric Specialist



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

Parents and Carers
Download [here](#)

Social media

Social media tiles are available [here](#).



Aboriginal adult

Download [here](#)



Adult 65+

Download [here](#)



Adult 65+

Download [here](#)

Suggested copy:

Sepsis is when your body has an extreme, life-threatening response to an infection.

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

Don't be afraid to ask, 'could it be sepsis?'
To learn more about sepsis visit health.nsw.gov.au/sepsis

Suggested copy:

Sepsis is when your body has an extreme, life-threatening response to an infection.

Don't be afraid to ask, 'could it be sepsis?'
To learn more about sepsis visit health.nsw.gov.au/sepsis

Suggested copy:

Sepsis is when your body has an extreme, life-threatening response to an infection.

Don't be afraid to ask, 'could it be sepsis?'
To learn more about sepsis visit health.nsw.gov.au/sepsis

Social media

Social media tiles are available [here](#).



Adults

Download [here](#)

Suggested copy:

Sepsis is when your body has an extreme, life-threatening response to an infection.

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



Parents and Carers

Download [here](#)

Suggested copy:

Any infection can lead to life-threatening sepsis, and young children and babies are more at risk. You know your child better than anyone. Even if you've already seen a doctor if you feel your child is very sick go to a hospital emergency department or call Triple Zero (000). Don't be afraid to ask, 'could it be sepsis?'

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



Parents and Carers

Download [here](#)

Suggested copy:

Any infection can lead to life-threatening sepsis, and young children and babies are more at risk. You know your child better than anyone. Even if you've already seen a doctor if you feel your child is very sick go to a hospital emergency department or call Triple Zero (000). Don't be afraid to ask, 'could it be sepsis?'

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

Videos

Videos for use in different channels



Sepsis in children

[Download here](#)



Sepsis in adults

[Download here](#)

Factsheet



Factsheet is available [here](#).

NSW Health
Sepsis

© 2020 Ministry of Health, March 2024

health.nsw.gov.au

Sepsis can cause death. If you or someone you look after has any of the following serious symptoms of sepsis, immediately call Triple Zero (000) or go to a hospital emergency department.

Serious symptoms of sepsis can include:

- feeling very sick (the worst you have ever felt) or getting very sick, very quickly
- difficulty breathing or breathing very quickly (in children or babies you may notice grunting noises or their lower chest getting sucked in as they breath)
- not needing to urinate (wee) all day or less wet nappies (less wee) than usual in young children or babies
- a new concerning rash or rash that does not fade when you roll a glass over it
- confusion
- blue, grey, pale or blotchy skin
- feeling like your child is very sick. You know your child best. Trust your instincts if you think something is wrong.

What is sepsis?

Sepsis is when your body has an extreme response to an infection. It is a life-threatening condition and you need immediate medical attention. It can cause death or permanent damage to your body without treatment.

Sepsis always starts with an infection. Infections which may cause sepsis can be anywhere in the body, such as chest, abdominal (for example after kidney or gall stones) and urinary infections.

What are the symptoms of sepsis?

There are many signs and symptoms of sepsis. Follow the advice below.

You do not need to have all the symptoms listed.

Not all infections lead to sepsis. However, if you have already seen your doctor and have been told you have an infection, and you are worried that you or your child are getting worse, then go back for another review and ask, 'could it be sepsis?'

Adults and older children

Severe symptoms: Immediately call Triple Zero (000) or go to a hospital emergency department if you have any of these serious symptoms of sepsis:

- Feeling very sick (the worst you have ever felt) or getting very sick, very quickly
- Difficulty breathing or breathing very quickly
- Confusion
- Not needing to urinate (wee) all day
- A new concerning rash or rash that does not fade when you roll a glass over it
- Blue, grey, pale or blotchy skin

General symptoms: If you are unsure or if you have any of these general symptoms of infection that may lead to sepsis call your doctor or healthdirect on 1800 822 222 (a 24-hour service):

- Fever or shivering
- Feeling very tired
- Vomiting or diarrhoea
- Headache
- Swelling or pain around a cut or wound
- Some rashes, joints, or aches
- Rapid heart rate or pulse

Young children and babies

Severe symptoms: Immediately call Triple Zero (000) or go to a hospital emergency department if your baby or young child has any of these serious symptoms of sepsis:

- Your child is:
- Getting very sick, very quickly
- Not needing to urinate (wee) all day or less wet nappies (less wee) than usual
- Being quieter or sleepier than normal or difficult to wake
- Irritable and hard to comfort
- A new concerning rash or a rash that does not fade when you roll a glass over it
- Blue, grey, pale or blotchy skin
- Difficulty breathing (you may notice grunting noises or their lower chest getting sucked in as they breathe or breathing very quickly)
- Fever in a child less than 3 months old
- Low temperature or cold skin in babies less than 1 month old
- Freaky nappies when you pick them up
- Convulsions or seizures
- A weak or high-pitched cry that's not the same as their normal cry.

© 2020 Ministry of Health, March 2024

health.nsw.gov.au

Adults and older children

Severe symptoms: Immediately call Triple Zero (000) or go to a hospital emergency department if you have any of these serious symptoms of sepsis:

- Feeling very sick (the worst you have ever felt) or getting very sick, very quickly
- Difficulty breathing or breathing very quickly
- Confusion
- Not needing to urinate (wee) all day
- A new concerning rash or rash that does not fade when you roll a glass over it
- Blue, grey, pale or blotchy skin

General symptoms: If you are unsure or if you have any of these general symptoms of infection that may lead to sepsis call your doctor or healthdirect on 1800 822 222 (a 24-hour service):

- Fever or shivering
- Feeling very tired
- Vomiting or diarrhoea
- Headache
- Swelling or pain around a cut or wound
- Some rashes, joints, or aches
- Rapid heart rate or pulse

Young children and babies

Severe symptoms: Immediately call Triple Zero (000) or go to a hospital emergency department if your baby or young child has any of these serious symptoms of sepsis:

- Your child is:
- Getting very sick, very quickly
- Not needing to urinate (wee) all day or less wet nappies (less wee) than usual
- Being quieter or sleepier than normal or difficult to wake
- Irritable and hard to comfort
- A new concerning rash or a rash that does not fade when you roll a glass over it
- Blue, grey, pale or blotchy skin
- Difficulty breathing (you may notice grunting noises or their lower chest getting sucked in as they breathe or breathing very quickly)
- Fever in a child less than 3 months old
- Low temperature or cold skin in babies less than 1 month old
- Freaky nappies when you pick them up
- Convulsions or seizures
- A weak or high-pitched cry that's not the same as their normal cry.

© 2020 Ministry of Health, March 2024

health.nsw.gov.au

General symptoms: If you are unsure or if your baby or young child has any of these general symptoms of infection that may lead to sepsis call your doctor or healthdirect on 1800 822 222 (a 24-hour service):

- Fever in children older than 3 months
- Not behaving or acting like they normally do or not interested in eating, feeding or normal activities
- Vomiting or diarrhoea
- Swelling or pain around a cut or wound

Pregnant women or women who have recently given birth (also known as maternal sepsis)

Immediately call Triple Zero (000) or go to a hospital emergency department if you have any of the same symptoms as adults above, as well as:

- Lower abdominal pain
- Discoloured or odorous vaginal discharge (flu)
- Unexplained bleeding

How does it spread?

Sepsis does not spread from person to person. However, the original infection that caused sepsis can spread between people.

Who is at risk of sepsis?

Sepsis can affect anyone.

However, some people are more likely to develop sepsis. This includes those who:

- are 5 years of age and under, especially babies under 3 months of age
- are 65 years of age and older
- are pregnant or have recently given birth (within 6 weeks)
- have a weak immune system
- have an existing chronic illness such as diabetes, lung disease, cancer or kidney disease
- have had sepsis before
- have recently been in hospital or had a severe illness
- are Aboriginal or Torres Strait Islander.

© 2020 Ministry of Health, March 2024

health.nsw.gov.au

How is sepsis prevented?

You can lower your risk of sepsis by preventing infection and managing chronic illnesses:

- Practice good hygiene. Wash or sanitise your hands often and cover your coughs and sneezes
- Do not share personal items (eg. tissues, toothbrushes)
- Cover cuts and wounds and keep them clean until healed
- Keep up to date with your recommended vaccinations
- Speak to your doctor regularly if you have a chronic health condition such as diabetes, lung disease or kidney disease. Follow their advice, including taking prescribed medicines.
- Stay at home if you are sick to protect others.

How is sepsis diagnosed?

There is no single test for sepsis. To see if you have sepsis, a doctor will:

- Ask you about your symptoms
- Examine you and
- Perform some tests.

What to do if you think you have sepsis

Call Triple Zero (000) or go to a hospital emergency department immediately if you think you have any of the serious symptoms of sepsis.

How is sepsis treated?

Sepsis is serious and may cause death or permanent damage to your body without treatment. Treatment for sepsis works best when started as soon as possible. People with sepsis are treated in hospital.

You may need to be treated in an intensive care unit (ICU) in the hospital if you are really sick. Treatment may include:

- Medicines such as antibiotics
- Fluids through a drip (needs in your arm)
- Breathing support
- Surgery (if needed).

What is the public health response for sepsis?

Doctors and laboratories may need to notify the local Public Health Unit if the infection which caused your sepsis is a notifiable condition. Public Health Unit staff may contact your close contacts to give advice and discuss any medicines they may need.

© 2020 Ministry of Health, March 2024

health.nsw.gov.au

Download here

- A factsheet with key information about what sepsis is, its symptoms and what to do if you think you may have sepsis is available in our resources.
- The fact sheet clearly details the symptoms to look out for in adults and children and what to do in the case on an emergency.

2

Resources for multicultural communities

Arabic assets

Arabic assets can be found [here](#).



Video

Video - Sepsis in Arabic with Dr Iman Hegazy

Social Tiles

الإنتان

يُحصل الإنتان عندما يتعرض الجسم لرد فعل شديد بسبب عدوى (تُعرف أيضاً بالتسمُّر في الدم). يمكن أن يصيب الإنتان أي شخص.

احذر أعراض الإنتان

- الحمى أو ارتفاع درجة الحرارة
- التهمة أو تورم في المفاصل
- القيء أو الإسهال
- تغير لون الجلد أو تورم في الأطراف

إذا كان لديك أو لدى أحد أفراد عائلتك أي من هذه الأعراض الخطيرة اتصل على الفور بـ 1300 (أو اذهب إلى قسم الطوارئ في أحد المستشفيات).

www.health.nsw.gov.au

هل يمكن أن تكون الحالة **إنتاناً (Sepsis)؟**

يسبب الإنتان للأطفال توتُّعاً شديداً وسريعاً كبيرة.

أي نوع من العدوى يمكن أن يسبب إنتاناً مهدداً للحياة اعرف الأعراض.

أنت تعرف طفلك أفضل من أي شخص آخر في الحالات الطارئة اتصل على الرقم 000 أو توجه إلى قسم الطوارئ في أحد المستشفيات.

اعرف المزيد health.nsw.gov.au/sepsis

هل يمكن أن تكون الحالة **إنتاناً (Sepsis)؟**

أي نوع من العدوى يمكن أن يسبب إنتاناً مهدداً للحياة. المصابون بالإنتان يعانون من توتُّع شديد يحصل بسرعة كبيرة ويحتاجون إلى علاج بصورة عاجلة.

اعرف الأعراض. احصل على رعاية طبية سريعة.

اعرف المزيد health.nsw.gov.au/sepsis

هل يمكن أن تكون الحالة **إنتاناً (Sepsis)؟**

أي نوع من العدوى يمكن أن يسبب إنتاناً مهدداً للحياة.

المصابون بالإنتان يعانون من توتُّع شديد يحصل بسرعة كبيرة ويحتاجون إلى علاج بصورة عاجلة. لا تخشى من أن تسأل طبيبك. هل يمكن أن تكون الحالة متعلِّقة بالإنتان؟

اعرف المزيد health.nsw.gov.au/sepsis

Dr Shantnu Soetan

هل يمكن أن تكون الحالة **إنتاناً (Sepsis)؟**

أي نوع من العدوى يمكن أن يسبب إنتاناً مهدداً للحياة.

المصابون بالإنتان يعانون من توتُّع شديد يحصل بسرعة كبيرة ويحتاجون إلى رعاية طبية سريعة.

اعرف الأعراض.

اعرف المزيد health.nsw.gov.au/sepsis

هل يمكن أن تكون الحالة **إنتاناً (Sepsis)؟**

أي نوع من العدوى يمكن أن يسبب إنتاناً مهدداً للحياة.

أنت تعرف طفلك أفضل من أي شخص آخر. إذا كنت تتعذَّر أنه متوتِّع جداً، احصل على رعاية طبية سريعة.

في الحالات الطارئة اتصل على الرقم 000 أو توجه إلى قسم الطوارئ في أحد المستشفيات.

اعرف المزيد health.nsw.gov.au/sepsis

Dr Matthew O'Meara
Paediatric Specialist

Flyers

هل يمكن أن تكون الحالة متعلِّقة **بالإنتان (Sepsis)؟**

المصابون بالإنتان يعانون من توتُّع شديد يحصل بسرعة كبيرة ويحتاجون إلى رعاية طبية سريعة.

ما هو الإنتان؟

يُحصل الإنتان عندما يتعرَّض جسمك لرد فعل شديد يهدِّد الحياة بسبب عدوى ما ويقول المصابون بالإنتان إنه يشعرون بمرض شديد لمر يشعروا بمثلته من قبل، والتهير يمرضون بسرعة.

ما هي العلامات والأعراض؟

- تورم في المفاصل أو تورم في الأطراف أو القيء أو الإسهال
- عدم الحاجة إلى التبول أو تغير عدد التبول طوال اليوم أو تورم في المفاصل المملئة
- تشنج في العضلات
- صعوبة في التنفس
- الشعور بتوتُّع شديد، وسريعاً كبيرة

هناك علامات وأعراض عديدة للإنتان. غير أنه ليس من الضروري أن تعاني من جميع الأعراض المذكورة في قائمة الأعراض والعلامات.

هل يمكن أن تكون الحالة متعلِّقة **بالإنتان (Sepsis)؟**

يسبب الإنتان للأطفال توتُّعاً شديداً وسريعاً كبيرة.

اعرف الأعراض. احصل على رعاية طبية سريعة.

ما هو الإنتان؟

يُحصل الإنتان عندما يتعرَّض جسمك لرد فعل شديد لعدوى ما، وهو حالة صحية تهدِّد الحياة وتحتاج إلى رعاية طبية فورية. ويبدأ الإنتان دائماً بعدوى والأطفال المصابون بالتهير هم أكثر عرضة للإصابة به.

ما هي العلامات والأعراض؟

- الشعور بتوتُّع شديد، وسريعاً كبيرة
- عدم الحاجة إلى التبول أو تغير عدد التبول طوال اليوم أو تورم في المفاصل المملئة
- تورم في المفاصل أو تورم في الأطراف أو القيء أو الإسهال
- صعوبة في التنفس
- الشعور بأن طفلك يتوتُّع، يعاني من توتُّع شديد - ثق بحدسك، ويحسبك.

هناك علامات وأعراض عديدة للإنتان. غير أنه ليس من الضروري أن تعاني من جميع الأعراض المذكورة في قائمة الأعراض والعلامات.

Fact Sheet

الإنتان

Sepsis - Factsheet Arabic

الإنتان يمكن أن يسبب الموت إذا كان غير معالج. العدوى هي من أمراض الإنتان الخطيرة التي تصل قوتها إلى 100 ألف شخص سنوياً في أستراليا. يمكن أن تسبب الإنتان المرضية ما يلي:

- التهمة أو تورم في المفاصل أو تورم في الأطراف أو القيء أو الإسهال
- عدم الحاجة إلى التبول أو تغير عدد التبول طوال اليوم أو تورم في المفاصل المملئة
- تشنج في العضلات
- صعوبة في التنفس
- الشعور بتوتُّع شديد، وسريعاً كبيرة

هناك علامات وأعراض عديدة للإنتان. غير أنه ليس من الضروري أن تعاني من جميع الأعراض المذكورة في قائمة الأعراض والعلامات.

اعرف المزيد health.nsw.gov.au/sepsis

Chinese (Simplified) Assets

Chinese (Simplified) assets can be found [here](#).



Video



Video - Sepsis in Mandarin with Dr Wei Luo

Social Tiles

败血症

败血症是指人体对感染的极端反应（也称为毒血症）。败血症可能影响任何人。

请留意以下症状

- 病情恶化非常迅速
- 呼吸困难
- 需要排尿的次数比平时少
- 皮肤出现皮疹，或者皮肤呈蓝色、灰色、苍白或有斑点

如果您自己或认识的人出现上述任何严重症状，请打电话零二零（000）或去医院看急诊。

www.health.nsw.gov.au

有可能是败血症吗？

败血症患儿病情非常严重，而且发病很快。任何感染都可能导致危及生命的败血症。了解症状。您最了解自己的孩子，紧急情况请拨打零二零（000），或者去医院看急诊。

详情请见：health.nsw.gov.au/sepsis

有可能是败血症吗？

任何感染都可能危及生命的败血症。所有年龄段的人都可能患败血症，这是一种需要紧急治疗的急症。了解症状。迅速寻求帮助。

详情请见：health.nsw.gov.au/sepsis

有可能是败血症吗？

任何感染都可能危及生命的败血症。败血症患者病情非常严重，发病很快，需要紧急治疗。不要害怕问医生“有可能是败血症吗？”

详情请见：health.nsw.gov.au/sepsis

有可能是败血症吗？

任何感染都可能危及生命的败血症。败血症患者病情非常严重，发病很快，需要迅速就医。了解症状。

详情请见：health.nsw.gov.au/sepsis

有可能是败血症吗？

任何感染都可能危及生命的败血症。您最了解自己的情况。如果您认为孩子病情很重，请迅速寻求帮助。紧急情况请拨打零二零（000），或者去医院看急诊。

详情请见：health.nsw.gov.au/sepsis

Flyers

有可能是败血症吗？

败血症患者病情非常严重，发病很快，需要迅速就医。

什么是败血症？

败血症是指您的身体对感染产生危及生命的极端反应。败血症患者表示，他们觉得病情很重（以往从来没有感到病得这么重）而且发病非常迅速。

有哪些体征或症状？

- 病情恶化非常迅速
- 呼吸困难
- 头脑不清醒
- 整天不需要排尿（小便），或者需要排尿的次数比平时少
- 皮肤出现皮疹，或者皮肤呈蓝色、灰色、苍白或有斑点

败血症有许多体征和症状。您不需要出现所列的全部症状。

有可能是败血症吗？

败血症患儿病情非常严重，而且发病很快。了解症状。迅速寻求帮助。

什么是败血症？

败血症是人体对感染的极端反应。这种疾病会危及生命，需要立即就医。败血症总是从感染开始，婴幼儿的风险更大。

有哪些体征或症状？

- 病情恶化非常迅速
- 整天不需要排尿（小便），湿尿布比平时少（小便次数较少）
- 皮肤出现皮疹，或者皮肤呈蓝色、灰色、苍白或有斑点
- 觉得孩子病情很重——请相信您的直觉

败血症有许多体征和症状。您不需要出现所列的全部症状。

Factsheet

NSW Health

败血症

Sepsis - Factsheet Chinese Simplified

败血症可能导致死亡。如果您本人或您所帮助的人出现以下败血症症状，请立即打电话零二零（000）或到最近急诊室就诊。败血症的严重症状包括：

- 觉得病情严重（比以往任何一次生病都更严重），或者病情重，而且恶化得很快
- 呼吸困难或非常困难（对于儿童或婴儿，您可能会注意到他们发出咕嘟声，或者呼吸时胸脯下部凹陷进去）
- 婴幼儿整天不需要排尿（小便），或尿有异味（小便次数）比平时少
- 新的皮疹令人担忧，或者用玻璃杯压在上面也不褪色
- 头脑不清醒
- 皮肤呈蓝色、灰色、苍白或有斑点
- 觉得孩子病情很重。您最了解自己的情况。如果您觉得有什么不对劲，请相信您的直觉。

什么是败血症？

败血症是指人体对感染的极端反应（“毒血症”），这是一种危及生命的疾病，需要立即就医。如果不加治疗，败血症会导致死亡或对身体造成永久伤害。

败血症源于感染，最初可能源于细菌感染。

可能导致败血症的感染，有可能发生在身体任何部位，包括肺、膀胱和肾脏、皮肤、咽喉或肠道感染更为常见。

感染肺炎球菌或链球菌等细菌可能会导致败血症。

败血症有哪些症状？

败血症有许多体征和症状。请留意以下症状。您不需要出现所列的全部症状。即使您只是觉得不对劲，如果您本人或您所帮助的人没有好转，请立即去看医生或去急诊室就诊。

© NSW Ministry of Health September 2020

Adults

Chinese (Traditional) Assets

Chinese - Traditional assets can be found [here](#).



Video

Video - Sepsis in Cantonese with Associate Professor Stephen Li

Social Tiles

敗血症

敗血症是指人體對感染的極端反應（也稱為毒血症）。敗血症可能影響任何人。

請留意以下症狀：

- 病情變化非常迅速
- 呼吸困難
- 需要頻繁的文數（比平時少）
- 皮膚出現淤青、灰色、蒼白或有斑點

如果您自己或認識的人出現上述任何嚴重症狀，請打電話零零零（000）或去醫院看急診。

www.health.nsw.gov.au

有可能是敗血症嗎？

任何感染都可能導致危及生命的敗血症。

所有年齡段的人都可能患敗血症，這是一種需要緊急治療的急症。

瞭解症狀，迅速尋求幫助。

詳情請見：health.nsw.gov.au/sepsis

有可能是敗血症嗎？

任何感染都可能導致危及生命的敗血症。

敗血症患者病情非常嚴重，發病很快，需要迅速就醫。

瞭解症狀。

詳情請見：health.nsw.gov.au/sepsis

有可能是敗血症嗎？

敗血症患者病情非常嚴重，而且發病很快。任何感染都可能導致危及生命的敗血症。

瞭解症狀。

您最瞭解自己的孩子，緊急情況請打電話零零零（000），或者去醫院看急診。

詳情請見：health.nsw.gov.au/sepsis

有可能是敗血症嗎？

任何感染都可能導致危及生命的敗血症。

敗血症患者病情非常嚴重，發病很快，需要緊急治療。不要害怕問醫生“有可能是敗血症嗎？”

詳情請見：health.nsw.gov.au/sepsis

有可能是敗血症嗎？

任何感染都可能導致危及生命的敗血症。

您最瞭解自己的孩子。如果您認為孩子病情嚴重，請迅速尋求幫助。

緊急情況請打零零零（000），或者去醫院看急診。

詳情請見：health.nsw.gov.au/sepsis

Flyers

有可能是敗血症嗎？

敗血症患者病情非常嚴重，發病很快，需要迅速就醫。

什麼是敗血症？

敗血症是指您的身體對感染產生危及生命的極端反應。敗血症患者表示，他們覺得病情很重（以往從來沒有感到病得這麼重）而且發病非常迅速。

有哪些體征或症狀？

- 病情惡化非常迅速
- 呼吸困難
- 頭腦不清醒
- 整天不需要排尿（小便），或者需要排尿的次數比平時少
- 皮膚出現皮疹，或者皮膚呈藍色、灰色、蒼白或有斑點

敗血症有許多體征和症狀。您不需要出現所列的全部症狀。

有可能是敗血症嗎？

敗血症患者病情非常嚴重，而且發病很快。

瞭解症狀，迅速尋求幫助。

什麼是敗血症？

敗血症是人體對感染的極端反應。這種疾病會危及生命，需要立即就醫。敗血症總是從感染開始，嬰幼兒的風險更大。

有哪些體征或症狀？

- 病情惡化非常迅速
- 整天不需要排尿（小便），濕尿布比平時少（小便次數較少）
- 皮膚出現皮疹，或者皮膚呈藍色、灰色、蒼白或有斑點
- 覺得孩子病情很重——請相信您的直覺

敗血症有許多體征和症狀。您不需要出現所列的全部症狀。

Factsheet

NSW Health

敗血症

Sepsis - Factsheet Chinese Traditional

敗血症可能導致死亡。如果您本人或您照顧的人出現以下嚴重敗血症症狀，請立即打零零零（000）或前往急診室就診。如果您懷疑有敗血症：

- 覺得病情嚴重（比以往任何一次生病更嚴重），或者病情嚴重，而且變化非常快。
- 呼吸困難或呼吸非常急促（對於兒童是驚風，或者病得很重，而且變化非常快）。
- 需要頻繁的文數（小便），或者需要排尿的次數比平時少。
- 新的皮膚中人癢癢，或皮膚被碰後在皮膚上顯出不適色。
- 頭腦不清醒。
- 皮膚發熱、發灰、蒼白或有斑點。
- 覺得孩子病情嚴重，您最瞭解自己的樣子。如果您覺得有什麼不對勁，請相信自己的直覺。

什麼是敗血症？

敗血症是人體對感染的極端反應（“毒血症”）。這是一種危及生命的疾病，需要立即就醫。如果您不知道，您可能會有癱瘓或死亡或對身體造成永久傷害。

敗血症的症狀，最可能包括：

- 覺得病情嚴重（比以往任何一次生病更嚴重），或者病得很重，而且變化非常快。
- 呼吸困難或呼吸非常急促（對於兒童是驚風，或者病得很重，而且變化非常快）。
- 需要頻繁的文數（小便），或者需要排尿的次數比平時少。
- 新的皮膚中人癢癢，或皮膚被碰後在皮膚上顯出不適色。
- 頭腦不清醒。
- 皮膚發熱、發灰、蒼白或有斑點。
- 覺得孩子病情嚴重，您最瞭解自己的樣子。如果您覺得有什麼不對勁，請相信自己的直覺。

敗血症有哪些症狀？

敗血症有許多體征和症狀。請留意以下症狀，您不需要出現所列的全部症狀。如果您已經看過醫生，如果您本人或您的孩子的醫生沒有對症，請再去看醫生或去醫院看急診。

© NSW Ministry of Health, September 2020

Vietnamese assets

Vietnamese assets can be found [here](#).



Video



Video - Sepsis in Vietnamese with Dr Brian Cung

Factsheet

NSW Health

Nhiễm trùng huyết

Sepsis - Factsheet Vietnamese

Nhiễm trùng huyết là khi cơ thể quý vị có phản ứng cực độ với nhiễm trùng (ngộ độc máu). Đây là tình trạng nguy hiểm tới tính mạng và quý vị cần được chăm sóc y tế ngay lập tức. Bệnh có thể gây chết người hoặc tổn thương vĩnh viễn cho trẻ nếu không được điều trị.

Nhiễm trùng huyết khởi đầu là do nhiễm trùng. Nó rất có thể bắt đầu khi bị nhiễm khuẩn.

Nhiễm trùng mà cơ thể gây nhiễm trùng huyết có thể bắt đầu trong người. Tuy nhiên, thường thì nhiễm trùng ở phổi, bàng quang và thận, da, cổ họng hoặc ruột.

Nhiễm trùng do vi khuẩn như viêm màng não cầu khuẩn (meningococcal) hoặc nhiễm liên cầu khuẩn (Streptococcal) có thể gây nhiễm trùng huyết.

Các triệu chứng của nhiễm trùng huyết?

Có nhiều dấu hiệu và triệu chứng của nhiễm trùng huyết. Hãy liên hệ tới chuyên gia y tế. Quý vị không cần phải có tất cả các triệu chứng được liệt kê.

Ngay cả khi quý vị đã gặp bác sĩ nếu quý vị hoặc con của mình bị bệnh và không biết, hãy trở lại gặp bác sĩ hoặc tới khoa cấp cứu của bệnh viện.

© NSW Ministry of Health, September 2015

Social Tiles

Nhiễm trùng huyết

Nhiễm trùng huyết là khi cơ thể quý vị có phản ứng cực độ với nhiễm trùng (còn được gọi là ngộ độc máu). Bệnh này có thể ảnh hưởng đến bất cứ ai.

Hãy nhận biết các triệu chứng

- Bị bệnh nặng, rất nhanh
- Khó thở
- Cán đi tiểu ít hơn bình thường
- Phát ban hoặc da có màu xanh, xám, nhợt nhạt hoặc nổi đốm

Nếu quý vị hoặc ai quen có bất kỳ triệu chứng nào trong những triệu chứng nghiêm trọng này, gọi Ba Số Không (000) hoặc đến khoa cấp cứu của bệnh viện.

www.health.nsw.gov.au

Đây có phải là **nhiễm trùng huyết không?**

Nhiễm trùng huyết khiến trẻ em bị bệnh rất nặng, rất nhanh.

Bất kỳ sự nhiễm trùng nào cũng có thể dẫn đến nhiễm trùng huyết nguy hiểm tới tính mạng.

Biết các triệu chứng.

Quý vị hãy rõ con mình nhất, trong trường hợp khẩn cấp hãy gọi 000 hoặc đến khoa cấp cứu của bệnh viện.

Tim hiểu thêm health.nsw.gov.au/sepsis

Đây có phải là **nhiễm trùng huyết không?**

Bất kỳ sự nhiễm trùng nào cũng có thể dẫn đến nhiễm trùng huyết nguy hiểm tới tính mạng.

Mọi người thuộc mọi lứa tuổi đều có thể bị nhiễm trùng huyết, một tình trạng y tế khẩn cấp cần được điều trị ngay.

Biết các triệu chứng.

Hãy nhanh đi tìm trợ giúp.

Tim hiểu thêm health.nsw.gov.au/sepsis

Đây có phải là **nhiễm trùng huyết không?**

Bất kỳ sự nhiễm trùng nào cũng có thể dẫn đến nhiễm trùng huyết nguy hiểm tới tính mạng.

Người bị nhiễm trùng huyết bị bệnh rất nặng, rất nhanh và cần được điều trị khẩn cấp.

Đừng ngại hỏi bác sĩ, 'đây có phải là nhiễm trùng huyết không?'

Tim hiểu thêm health.nsw.gov.au/sepsis

Dr Shantini Seelan

Đây có phải là **nhiễm trùng huyết không?**

Bất kỳ sự nhiễm trùng nào cũng có thể dẫn đến nhiễm trùng huyết nguy hiểm tới tính mạng.

Người bị nhiễm trùng huyết sẽ bị bệnh rất nặng, rất nhanh và cần được trợ giúp y tế nhanh chóng.

Biết các triệu chứng.

Tim hiểu thêm health.nsw.gov.au/sepsis

Đây có phải là **nhiễm trùng huyết không?**

Bất kỳ sự nhiễm trùng nào cũng có thể dẫn đến nhiễm trùng huyết nguy hiểm tới tính mạng.

Quý vị hãy rõ con mình nhất.

Nếu quý vị nghĩ là em bị bệnh nặng, hãy nhanh đi tìm trợ giúp.

Trong trường hợp khẩn cấp, hãy gọi 000 hoặc đến khoa cấp cứu của bệnh viện.

Tim hiểu thêm health.nsw.gov.au/sepsis

Dr Matthew O'Meara
Paediatric Specialist

Flyers

Đây có phải là **nhiễm trùng huyết không?**

Người bị nhiễm trùng huyết sẽ bị bệnh rất nặng, rất nhanh và cần được trợ giúp y tế nhanh chóng.

Nhiễm trùng huyết là gì?

Nhiễm trùng huyết là khi cơ thể quý vị có phản ứng cực độ, nguy hiểm tới tính mạng khi bị nhiễm trùng. Người bị nhiễm trùng huyết cho biết cảm thấy rất mệt mỏi (tệ nhất từ trước tới nay) và trở bệnh rất nhanh.

Có các dấu hiệu hoặc triệu chứng nào?

- Bị bệnh nặng, rất nhanh
- Khó thở
- Lú lẫn
- Không cần đi tiểu nguyên ngày hoặc ít hơn bình thường
- Phát ban hoặc da có màu xanh, xám, nhợt nhạt hoặc nổi đốm

Có nhiều dấu hiệu và triệu chứng của nhiễm trùng huyết. Quý vị không cần phải có tất cả các triệu chứng được liệt kê.

Adults

Đây có phải là **nhiễm trùng huyết không?**

Nhiễm trùng huyết khiến trẻ em bị bệnh rất nặng, rất nhanh.

Biết các triệu chứng. Hãy nhanh đi tìm trợ giúp.

Nhiễm trùng huyết là gì?

Nhiễm trùng huyết là khi cơ thể quý vị có phản ứng cực độ khi bị nhiễm trùng. Đây là tình trạng nguy hiểm tới tính mạng và cần được chăm sóc y tế ngay lập tức. Nhiễm trùng huyết luôn bắt đầu bằng việc nhiễm trùng, và trẻ nhỏ càng như trẻ sơ sinh có nhiều nguy cơ hơn.

Có các dấu hiệu hoặc triệu chứng nào?

- Bị bệnh nặng, rất nhanh
- Không cần đi tiểu (đái) cả ngày hoặc ít hơn bình thường (ít đái) hơn bình thường
- Phát ban hoặc da có màu xanh, xám, nhợt nhạt hoặc nổi đốm
- Cảm thấy con mình bị bệnh nặng - hãy tin vào bản năng của quý vị

Có nhiều dấu hiệu và triệu chứng của nhiễm trùng huyết. Quý vị không cần phải có tất cả các triệu chứng được liệt kê.

Social media assets in other languages

Social tile can be found [here](#).

Social Tile



Resources in community languages

- [Arabic \(العربية\)](#)
- [Assyrian \(ܐܘܪܝܝܢܐ\)](#)
- [Chaldean](#)
- [Chinese-Simplified \(简体中文\)](#)
- [Chinese-Traditional \(繁體中文\)](#)
- [Croatian \(Hrvatski\)](#)
- [Filipino \(Wikang Tagalog\)](#)
- [German \(Deutsch\)](#)
- [Greek \(Ελληνικά\)](#)
- [Hindi \(हिन्दी\)](#)
- [Italian \(Italiano\)](#)
- [Khmer \(ភាសាខ្មែរ\)](#)
- [Korean \(한국어\)](#)
- [Macedonian \(Македонски\)](#)
- [Maltese \(Malti\)](#)
- [Mongolian \(Монгол Хэл\)](#)
- [Nepali \(नेपाली\)](#)
- [Polish \(Język polski\)](#)
- [Portuguese \(Português\)](#)
- [Russian \(Русский\)](#)
- [Serbian \(Српски\)](#)
- [Spanish \(Español\)](#)
- [Tamil \(தமிழ்\)](#)
- [Thai \(ภาษาไทย\)](#)
- [Vietnamese \(Tiếng Việt Nam\)](#)

