

LET'S BEAT SEPSIS TOGETHER

LEARN THE SIGNS AND GET INVOLVED

STREETS
AGAINST SEPSIS



www.sepsistrust.org

WHAT ARE THE SYMPTOMS?

SYMPTOMS IN CHILDREN

A child may have sepsis if he or she:

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

SYMPTOMS IN ADULTS

An adult may have sepsis if they show any of these signs:

- 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

Call 111 or contact your GP if you're worried about an infection.
Call 999 or visit A&E if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

The UK Sepsis Trust registered charity number (England & Wales) 1158843. Company registration number 8644039. Sepsis Enterprises Ltd. Company number 9583335. VAT reg. number 225570222

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LEARN ABOUT SEPSIS AND BE A LIFESAVER!

You may have seen sepsis in the news recently and wondered what you can do to protect yourself and your loved ones.

This card explains what sepsis is, what to do if you suspect sepsis, and how you can get involved in our Streets Against Sepsis campaign to help save thousands of lives every year.

WHAT IS SEPSIS?

Sepsis is a life-threatening condition that occurs when the body overreacts to an infection. It takes hold quickly and kills **44,000** people a year in the UK – that's why we're encouraging people to **just ask: 'could it be sepsis?'**

IT CAN STRIKE ANYONE, AT ANY AGE

Sepsis doesn't discriminate. It affects at least **250,000** people every year in the UK.

The earlier sepsis is identified, the earlier it can be treated, and the better the chance of an individual's survival. You can help improve the situation by learning the signs, and raising awareness in your community.

WHAT SHOULD I DO IF I SUSPECT SEPSIS?

Get medical help immediately. Call 111 or 999 or contact your GP and just ask: 'could it be sepsis?'

THE UK SEPSIS TRUST

UKST is a national charity founded in 2012 by world sepsis expert, Dr Ron Daniels. We save lives by increasing awareness of sepsis and support people affected by this devastating condition.

Our goal is to stop preventable deaths from sepsis – which we estimate to be around **14,000** every year – and we're always looking to work with new people and organisations to achieve this.

To find out more about our work and for information about how to get involved visit www.sepsistrust.org.

You can also follow us on social media. Search 'UK Sepsis Trust' on your favourite platforms.

DONATE TODAY

Call **0800 389 6255** or visit www.sepsistrust.org/make-a-donation

STREETS AGAINST SEPSIS SAVING LIVES TOGETHER

Our national campaign was inspired by the **Coronation Street** storyline in which 7-year-old Jack Webster developed sepsis and had to have his foot amputated to save his life.

Through **Streets Against Sepsis** we are encouraging people to get involved, have fun, fundraise, and save lives.

There are so many ways to help so please, learn the signs, spread the word and **protect your family and friends** against sepsis.

For more information and ideas about what you can do to save lives now visit www.sepsistrust.org/streets, email streets@sepsistrust.org, or call us on 0800 389 6255.