

SEPSIS

Patient discharge information - adults

Important information – please read

Sometimes when the body is trying to fight an infection, it attacks its own healthy tissues and organs by mistake. This is called sepsis. Without fast treatment, sepsis can cause organ failure and even death.

Because you have been diagnosed with an infection, you need to be aware of the symptoms of sepsis.

Knowing if you have sepsis is tricky because many of the symptoms are like those we see in common infections which will get better with simple treatment and care. Most infections don't turn into sepsis but we all need to know what to look out for.

Sepsis can progress very quickly, so if after reading the information below, you think you have any of the symptoms, call Triple Zero (000) or go straight to the closest Emergency Department and ask: "Could this be sepsis?"

Sepsis is a
medical emergency
and needs
immediate treatment



ASK YOURSELF
COULD THIS BE
SEPSIS



Who is at risk of sepsis?

Sepsis can affect anyone with an infection - it doesn't matter what type of infection you have. Some people are more at risk than others. This includes people who:

- are very old or very young
- have a weakened immune system or are being treated for cancer
- have just had surgery or given birth
- have a wound or injury.



Tick tock
you're on the clock!



Queensland
Government

What are the symptoms of sepsis?

There is no single sign or symptom of sepsis. Sepsis can initially look like the flu, gastro or a normal urinary, skin or chest infection. If you have an infection, signs you may have developed sepsis can include one or more of the following things:



What should I do if I am concerned?

If you are feeling worse or more unwell than you have ever felt before, call Triple Zero (000) or go to the closest hospital Emergency Department straight away. Ask your doctor or nurse:

“Could this be sepsis?”

If you are unsure, call 13 HEALTH (13 43 25 84) anytime for free, confidential advice from a registered nurse.

Acknowledgement

Adapted from the Australian Sepsis Network, Centers for Disease Control and Prevention, and Australasian Society for Infectious Diseases.

Disclaimer

This information sheet is meant solely for educational purposes and is not intended to act as a substitute for advice provided by medical professionals. This information sheet is being trialled. To provide feedback please email sepsis@health.qld.gov.au.