

What should you do if you think you have Sepsis?



Phone NHS 111 and say you are worried about Sepsis



You may need to go to hospital straight away.

For more information on Sepsis you can:



Look at this website:
www.sepsistrust.org
Or email info@sespsistrust.org



Or call **0800 800 0029**

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Adapted by Bedford Hospital Liaison Nurses

What is Sepsis?



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What is Sepsis?

Sepsis is when your body reacts badly to an infection. It can make you very ill and you could die.

What are the signs and symptoms of sepsis?



Feeling hot very



Feeling very cold and shivering



Having a very fast heart beat



Breathing fast or feeling out of breath. Breathing fast or feeling out of breath even if you are sitting still



Feeling Confused



Feeling sick or Vomiting



Fainting or collapsing



Not being able to wee all day



Mottled skin or Skin changing colour