

TIPS TO PROTECT YOURSELF FROM SEPSIS

Sepsis is the body's **extreme response to an infection** and is a potentially **life-threatening condition**.

SEPSIS IS A MEDICAL EMERGENCY AND QUICK ACTION MUST BE TAKEN

RISK FACTORS

- ✓ To be **over 65 or under 2 years old**.
- ✓ Having a **disease that weakens the immune system**.
- ✓ **Chronic illness**.
- ✓ Haberse **sometido a cirugía**.
- ✓ To be an **invasive device user** (bladder catheter, venous catheters...).
- ✓ Wounds or injuries as a result of an **accident**.

SYMPTOMS

- ✓ **Confusion** or disorientation.
- ✓ **Difficulty breathing**.
- ✓ **High heart rate**.
- ✓ **Fever**, chills or cold sensation.
- ✓ Extreme pain or discomfort.
- ✓ **Sticky or sweaty skin**.
- ✓ **Headache and neck stiffness**.
- ✓ **Refusing food**.
- ✓ **Cold, clammy skin**.

SEPSIS PREVENTION

- ✓ **Practice good hygiene** (wash your hands, keep wounds clean...).
- ✓ To know the **sepsis symptoms**.
- ✓ If you suspect sepsis or an infection that does not improve or worsens, **ACT QUICKLY**.
- ✓ **Consult your physician regarding sepsis prevention measures**. Some measures include controlling chronic infections and getting vaccinated.

SEPSIS CODE: CATALONIA RAPID ACTION PROTOCOL



It includes a hospital alert and hospital pre-alert.



Coordinates different care levels.



It facilitates sepsis patient's detection.



Facilitates the clinical information transfer.



Promotes the early treatment beginning.



Includes actions follow up and evaluation.