

NT Health  
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CONTACT



# COULD IT BE SEPSIS?

PATIENT INFORMATION



## COULD IT BE SEPSIS?

Asking the question 'Could it be Sepsis?' can help save lives.

People in high risk groups are more likely to get sepsis.

Know the signs and symptoms of sepsis so you can act quickly.

**Sepsis is an emergency. Call Triple Zero (000) or go to your local health clinic or hospital.**

## WANT MORE INFORMATION?

**For more information visit:**  
[australiansepsisnetwork.net.au](http://australiansepsisnetwork.net.au)  
[tforthomas.com](http://tforthomas.com)



If you need an interpreter  
when reading this please  
ask a staff member

[health.nt.gov.au](http://health.nt.gov.au)



AUSTRALIAN COMMISSION  
ON SAFETY AND QUALITY IN HEALTH CARE



# WHAT ARE THE SIGNS OF SEPSIS?



Short wind



Heart beating too fast



Feeling really hot



Skin colour has changed



Feeling really tired or confused



Feeling really cold

KNOW THE SIGNS



Runny poo



Feeling sick in the stomach



Not much urine

## WHAT IS SEPSIS?

Sepsis is your body's reaction to an infection. It can damage important organs like your heart or lungs and cause serious illness or death.

**Sepsis is an emergency.**

Could it be sepsis? If you have symptoms and are worried, call Triple Zero (000) or go to your local health clinic or hospital.

## CAUSES AND PREVENTION OF SEPSIS

Sepsis results from an infection. The most common causes of sepsis are from lung, abdominal and urinary infections.

Sepsis is most common in the community, but you can also get it in hospital. For example, sepsis can happen from an infection after having surgery, or from a chest infection at home that isn't getting better.

The best way to protect yourself from sepsis is to:

- keep your body and hands clean
- keep wounds and cuts clean and covered
- stay up-to-date with your vaccinations
- look after your chronic disease
- know what to do if you see signs of sepsis.

## HOW IS SEPSIS TREATED?

Sepsis can be cured if treated quickly. Tests are run to check your vital signs and find the source of the infection. Medicine including antibiotics will be given to help stop it.

Other fluids may be given, and surgery may be needed to wash the infection from your body.

If a person is very sick, they may need to stay in the intensive care unit for specialist care and treatment.

## JUST ASK: COULD IT BE SEPSIS?

## WHO IS AT RISK OF DEVELOPING SEPSIS?

Anyone can get sepsis. Those at greater risk of developing sepsis include:

- anyone with an infection that is not getting better
- old people, young children and babies
- Aboriginal or Torres Strait Islander people
- people with chronic diseases like diabetes, kidney, liver or heart disease
- people with COVID-19 or pneumonia
- anyone with a low immune system
- women during pregnancy and after birth
- people who have had sepsis before
- people with a medical device in their body such as a pacemaker, stent or prosthetic valves
- those suffering from really bad burns
- injury (trauma), including minor injury such as a sprained ankle
- people who have had surgery recently.