

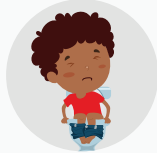
## WHAT IS SEPSIS?

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

Sepsis is an emergency that needs treatment very fast.

## WHAT ARE THE SIGNS OF SEPSIS?

One of these symptoms alone does not mean a child has sepsis. However, when any of these things happen together, that's a sign that it might be sepsis.



Pass less urine or have less wet nappies



Fit or seizure



Floppy



Blotchy, blue or pale skin



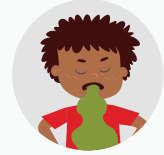
Drowsy, difficult to wake up, irritable or confused



Cold skin



Rash that doesn't fade when pressed



Nausea, vomiting, unable to eat, drink or breastfeed



A lot of pain or very restless



Fast breathing or long pauses in breathing

## COULD IT BE SEPSIS?

By asking the question "could it be sepsis?", we can help save lives. Children in high risk groups are more likely to get sepsis. Know the signs and symptoms of sepsis so you can act quickly. If you are worried about your child, feel they are sicker than ever before or their illness is getting worse, talk to a senior nurse or doctor.

## SEPSIS IS AN EMERGENCY AND CAN KILL FAST



or go to the closest clinic or hospital straight away.



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

# COULD IT BE SEPSIS?



## Information about SEPSIS IN BABIES AND CHILDREN

## WHO IS AT RISK OF DEVELOPING SEPSIS?

Those who are at high risk of developing sepsis include:

- ⦿ Anyone sick from an infection that is not getting better
- ⦿ Young children and babies, especially newborns
- ⦿ Aboriginal or Torres Strait Islander people
- ⦿ Anyone with a low immune system
- ⦿ Children who have had sepsis before
- ⦿ Children with a medical device in their body
- ⦿ Congenital cardiac abnormalities
- ⦿ Those suffering from really bad burns
- ⦿ Trauma (or injury), including minor trauma such as a sprained ankle
- ⦿ Children who have had surgery recently



SCAN FOR MORE SEPSIS INFORMATION



## HOW TO PROTECT YOUR CHILD FROM SEPSIS

The best way to protect your child from sepsis is to:

- ⦿ Keep their body and hands clean
- ⦿ Watch insect bites and skin injuries and see a doctor if they are getting red, hot, or not healing
- ⦿ Keep your child's vaccinations up to date
- ⦿ See a doctor or nurse if you see signs of sepsis

You know your child best. Trust your gut feeling. If you feel your child is sicker than ever before, or this illness is different from other times, ask your doctor or nurse 'could it be sepsis?'

## HOW DOES SEPSIS GET TREATED?

If a child is very sick they may need to be admitted to the hospital for care and treatment.

Blood tests will be taken to find out the source of the infection, and strong antibiotics will be given into the vein to kill it.

Fluids into the vein may also be given, and surgery may be needed to wash out the source of infection.

## WHY IT'S IMPORTANT TO STOP SEPSIS QUICKLY

Due to poor blood circulation, there may be damage to limbs, fingers or toes, or damage to lungs that can affect breathing, or other organs like the kidney or liver if sepsis isn't stopped quickly.

The long term effects of sepsis may also include:

- ⦿ Not being able to sleep well
- ⦿ Having headaches and other pain
- ⦿ Changes in muscle tone or weakness
- ⦿ Feeling very tired all the time
- ⦿ Hard, or unable, to concentrate
- ⦿ Fear of medical treatments
- ⦿ Changes in appetite
- ⦿ Brain changes (impaired mental functioning)

## SEPSIS SUPPORT GROUPS

Support groups include sepsis survivors, their families and carers, and families and friends who have lost loved ones to sepsis.

These groups can be contacted for advice and support based on lived experiences:

- ⦿ Australia and NZ Sepsis Support Group
- ⦿ Is It Sepsis Charity (NT)
- ⦿ Sepsis Australia
- ⦿ Movement for Mia

**JUST ASK:**  
**COULD IT BE SEPSIS?**