



# JUST ASK • COULD IT • BE SEPSIS?

## MOST CASES OF SEPSIS START IN THE COMMUNITY



SCAN FOR MORE  
SEPSIS INFORMATION



If you need an interpreter we  
can book one for you.



Feeling  
really tired  
or confused



Skin colour  
has changed



Short wind



Feeling  
really hot



Feeling  
really cold



Severe pain or  
discomfort

## KNOW THE SIGNS



Feeling so sick  
you feel like you  
could die



Runny poo



Feeling sick in  
the stomach



Heart beating  
too fast



Not much  
urine

**SEPSIS IS AN EMERGENCY.  
IF YOU HAVE SYMPTOMS AND ARE WORRIED, CALL TRIPLE ZERO (000)  
OR GO TO YOUR LOCAL HEALTH CLINIC OR HOSPITAL.**