



# 6 QUESTIONS ABOUT SEPSIS

World Sepsis Day is held every year. It gives everyone a chance to join the fight against sepsis.

About 11 million people die each year because of sepsis. These deaths might not have happened if sepsis was recognised when they first got sick. World Sepsis Day is to help everyone learn more about sepsis.

## 1 What is sepsis?

- Your body's really bad reaction to an infection
- An infection in the blood
- An infection in a body part such as a leg boil
- A contagious disease

## 2 Sepsis can develop from:

- A urinary tract infection
- A cut on your finger
- A mosquito bite
- A tattoo
- All of the above

## 3 All of the following are signs of sepsis EXCEPT:

- Fever or feeling chills
- Confusion
- Rapid breathing
- Extreme pain or discomfort ('worst ever')
- Slow heart rate

## 4 Sepsis symptoms can be different for children and adults. Which of the below is a sign of sepsis in a child?

- High fever
- General illness or previous injury, such as a scrape or cut
- Very fast or rapid breathing
- Lethargy or difficulty waking up
- Hasn't had a wee or wet nappy for more than 12 hours
- All of the above

## 5 When someone has severe sepsis, their chances of survival drop by almost 8% for every \_\_\_ that goes by without treatment.

- Day
- Hour
- Minute
- None of the above

## 6 About how many people in the Northern Territory die each year because of sepsis?

- 20
- 50
- 100
- 150



# 6 ANSWERS ABOUT SEPSIS

## 1 What is sepsis?

**Answer:** Your body's really bad reaction to an infection

When germs get in the body, they can cause an infection. Sometimes, infections can cause sepsis. It's life-threatening.

*Sepsis can kill. If people with sepsis don't get the right treatment, their organs (like the heart, kidney or lungs) can stop working. They might need to have body parts cut off (amputated) and they can die.*

## 2 Sepsis can develop from:

**Answer:** All of the above

*As many as 92% of sepsis cases happen when people are at home, not the hospital. You can get sepsis from any type of infection including a urinary tract infection, strep throat, flu and more. Anytime there is a break in the skin, there's a chance it could cause an infection. Preventing and treating infections as soon as they develop is important.*

## 3 All of the following are signs of sepsis EXCEPT:

**Answer:** Slow heart rate

*You can save a life just by knowing the signs of sepsis.*

## 4 Sepsis symptoms can be different for children and adults. Which of the below is a sign of sepsis in a child?

**Answer:** All of the above

*Sepsis in children is a problem. If a child has one or more of any of these symptoms, you need to talk to a doctor straight away. If you are ever not sure, check with your doctor or nurse or bring your child to the Emergency Department for a check-up.*

## 5 When someone has severe sepsis, their chances of survival drop by almost 8% for every \_\_\_ that goes by without treatment.

**Answer:** Hour

*If sepsis is found early, it can be treated. Early treatment helps to lower the bad things it can do to your body. Seeing a doctor straight away if you think you or someone else might have sepsis is just as important as seeing a doctor for heart attacks and stroke quickly.*

## 6 About how many people in the Northern Territory die each year because of sepsis?

**Answer:** 150

*In the NT during 2022-2023, 2,009 people were diagnosed with sepsis. 149 of these people died. If you live in the NT you are 5 times more likely to develop sepsis than in temperate parts of Australia.*

