

# EARLY SIGNS AND SYMPTOMS OF SEPSIS

Has your healthcare provider diagnosed you with an **INFECTION**?  
You could be at risk for **SEPSIS**. Know the signs!

**What is Sepsis?** Sepsis is your body's life-threatening response to an infection anywhere in your body. Anyone can get sepsis!

## Signs and Symptoms of Sepsis

Watch for a combination of **INFECTION** and fever or feeling chilled, confusion/sleepiness, fast heart rate, fast breathing or shortness of breath, extreme pain and pale/discolored skin.

## SEPSIS IS A MEDICAL EMERGENCY

### GREEN Zone: ALL CLEAR - Feeling well

- No fever or feeling chilled
- No fast heart rate
- No increase in pain
- No confusion or sleepiness
- Easy breathing

### RED Zone: Call your doctor or nurse immediately if you have INFECTION and...

- Fever or feeling chilled
- Fast breathing or shortness of breath
- Confusion/sleepiness (recognized by others)
- Extreme pain
- Fast heart rate
- Pale or discolored skin

If you are unable to reach your doctor or nurse,  
**CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.**

### Key Contacts:



- Healthcentric Advisors
- Qlarant