

INFECTION PREVENTION AND CONTROL

UPDATE

NHS

Wirral Community
Health and Care
NHS Foundation Trust



Taking action to prevent infection

Sepsis Prevention

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1. What is Sepsis

Sepsis is a rare but serious reaction to an infection. If you get an infection, your body's immune system responds by trying to fight it. Sepsis is when this immune system response becomes overactive and starts to cause damage to the body itself.

It can be hard to tell if you have sepsis. You might not even have a fever or high temperature, you may just feel very unwell.

Sepsis needs to be treated urgently because it can quickly get worse and lead to septic shock. Septic shock is very serious, as it can cause organ failure and death.

Anyone with an infection can get sepsis. But some people have a higher chance of getting it than others.

Who is more at risk of sepsis?

- babies younger than 1 year
- people over 75
- people who are frail
- people with diabetes
- people with weak immune systems
- people who are having chemotherapy treatment
- women who have just given birth or recently been pregnant (including those who have had a miscarriage or abortion)
- people who have recently had surgery
- people who have recently had a serious illness.

2. Signs of Sepsis

CHILDREN

A child may have sepsis if he or she:

- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured

WHAT TO DO IF YOU SUSPECT SEPSIS:

Call 111 or contact your GP if you're worried about an infection.

Call 999 or visit A&E if someone has one of the sepsis symptoms.

JUST ASK "COULD IT BE SEPSIS?"

3. Sepsis Prevention

Prevent Infection - Prevent Sepsis – Save Lives

Remaining vigilant to all infections and viruses is important and as we head into winter the more, we can all do to stay well, the better.

Preventing the spread of all infections will create a safer and healthier Wirral for us all.

Here are a few ways we can all prevent infection to prevent sepsis and save lives:

- Follow good hygiene practices to include Hand Hygiene
- Clean and care for any wounds
- Get your recommended vaccines
- If you are prescribed antibiotics by your clinician, take them as instructed and complete the course, even if you feel better
- Prepare food safely
- Follow a healthy lifestyle to include eating a healthy diet, taking care of chronic conditions and staying hydrated

[About Sepsis](#) | [Sepsis Symptoms](#) | [The UK Sepsis Trust](#)
[Symptoms of sepsis - NHS \(www.nhs.uk\)](#)

For more information, visit www.wchc.nhs.uk or contact the IPC team:
0151 604 7750 or ipc.wirralct@nhs.net

