

# DO YOU KNOW THE SIGNS OF SEPSIS?

## WHAT IS SEPSIS?

Sepsis is the body's **life-threatening response to any type of infection**. Sometimes the body's defenses can become overwhelmed, leading to serious illness. There is no one symptom for sepsis and sometimes children and teens may not even know they have an infection.

## THE SIGNS AND SYMPTOMS OF SEPSIS IN CHILDREN AND TEENS



**RAPID OR  
DIFFICULTY  
BREATHING**



**RASH THAT  
DOESN'T FADE  
WHEN PRESSED**



**FEVER OR  
VERY LOW  
TEMPERATURE**



**DISCOLORED OR  
MOTTLED SKIN  
(VERY PALE OR BLUISH)**



**EXTREMELY  
FATIGUED OR  
HARD TO WAKE**



**HASN'T PASSED  
URINE FOR  
SEVERAL HOURS**



**HAS A FIT OR  
CONVULSION**



**SEVERE MUSCLE PAIN,  
OR PAIN IN THE JOINTS OF  
THE WRIST, ELBOWS,  
KNEES, HIPS, AND ANKLES**

▶ **IF A CHILD OR TEEN PRESENTS WITH ONE OR MORE OF THESE SYMPTOMS, SEEK MEDICAL ATTENTION** ◀

## WAYS TO PREVENT SEPSIS



**BE UP TO DATE ON  
VACCINATIONS**



**CARE FOR CUTS AND SCRAPES  
BY WASHING AND COVERING  
EVEN MINOR WOUNDS. KEEP  
ALL WOUNDS CLEAN.**



**GOOD HYGIENE,  
INCLUDING REGULAR  
HAND WASHING**