



# SEPSIS SYMPTOMS

## ADULT

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

## 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**

**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?"**  
**IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.**

Sepsis is a potentially life-threatening condition caused by an infection.  
It's hard to spot, but can be easy to treat if caught quickly.

**BE SEPSIS SAVVY. SPOT THE SIGNS. SAVE LIVES.**

If you or someone you know has been affected by sepsis or COVID-19, our professional support team can help.



THE UK  
**SEPSIS  
TRUST**

Visit <https://sepsistrust.org/get-support/> or call **FREE** on 0808 800 0029.