Over 3,500 Hoosiers died from sepsis according to the 2018 Indiana Hospital Association Inpatient Discharge Study. Knowing the signs and seeking immediate medical attention can help you or your loved ones Survive it.

According to the Global Sepsis Alliance, sepsis is more common than heart attacks and claims more lives than cancer. If detected in time, sepsis can be treated at a hospital.

Sepsis can occur from a minor infection.
• Be vaccinated - Protect yourself against flu, pneumonia, and other infections
• Be thorough - Properly clean wounds and practice good hygiene.
• Be vigilant - If you have an infection, look for fever, chills, and rapid breathing.

Many sepsis survivors recover completely, however, according to the Sepsis Alliance, post-sepsis syndrome affects up to 50% of survivors and are left with possible effects, such as: muscle weakness, fatigue, difficulty swallowing, cloudy thinking, difficulty concentrating, poor memory, difficulty sleeping, sadness, and anxiety.

"Could it be **sepsis**?"

Indiana Patient Safety Center
of the Indiana Hospital Association

SEE IT. STOP IT. **SURVIVE IT.**
SurviveSepsis.com

Have you heard of sepsis? Only 65% have, according to the Sepsis Alliance. And while awareness is growing, many who have heard of sepsis still don't know what it means.

Sepsis is the body's extreme response to an infection. It is a life-threatening emergency.

Any type of infection, anywhere in the body, can cause sepsis. Four types of infections that are often linked with sepsis are:

• Lungs (pneumonia)

• Kidney (urinary tract infection)

• Skin (new or worsening injury)

• Abdomen/Gut

Indiana Patient Safety Center

Every two minutes, an American dies from sepsis, according to Sepsis Alliance.

The first step in preventing death from sepsis is to See It to reduce time to treatment. Learn to identify sepsis through its symptoms, including:

S: Shivering, fever, very cold

E: Extreme pain

P: Pale or discolored skin

S: Sleepy, difficult to wake up

I: "I feel like I might die"

S: Shortness of breath

Learn more at SurviveSepsis.com

"What are the symptoms of **sepsis**?"

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