



Preventing Sepsis

Sepsis is a life-threatening, time-critical condition that arises when the body's response to an infection injures its own tissues and organs. If left untreated, sepsis can progress to multi-organ failure and death. Prompt recognition is essential. The risk of mortality from sepsis increases 8% every hour that treatment is delayed. As many as 80% of sepsis-related deaths may be prevented with rapid diagnosis and treatment.

Early detection and treatment is critical to:

- Decrease sepsis-related morbidity and mortality
- Avoid long-term, health-related complications
- Potentially avoid sepsis-related hospitalizations

SEPSIS IS A MEDICAL EMERGENCY!

GREEN ZONE: No immediate action necessary – document and monitor

- No fever or feeling cold/chilled
- No confusion or sleepiness
- Heart rate within normal parameters
- Blood pressure within normal parameters
- Easy breathing
- No increase in pain

RED ZONE: Call the RN or healthcare professional immediately if you observe any of the following signs and symptoms

- Fever or feeling cold/chilled
- Confusion/sleepiness or other signs of altered mental status
- Fast heart rate
- Low blood pressure
- Fast breathing or short of breath
- Extreme or unusual pain
- Pale or discolored skin