

# What is Sepsis?

Sepsis is when your body reacts badly to an infection.  
It can make you very ill and you could die.



What are the signs and symptoms of Sepsis?



- Feeling very hot or very cold and shivering.



- Having a very fast heart beat.
- Breathing fast or feeling out of breath even if you are sitting still.



- Feeling confused.
- Feeling sick or vomiting.



- Fainting or collapsing.
- Not able to have a wee or not going for a wee all day.



**What should you do if you think you have Sepsis?**



Phone NHS 111 and say you are worried about Sepsis



You may need to go to hospital straight away.

**For more information about Sepsis you can**



Look at this website  
[www.sepsistrust.org](http://www.sepsistrust.org)

Or email  
[info@sepsistrust.org](mailto:info@sepsistrust.org)



or call  
**0800 800 0029**

*This leaflet and other helpful Health information is at [www.hertfordshire.gov.uk/ldmyhealth](http://www.hertfordshire.gov.uk/ldmyhealth)*

*Sepsis definition: Singer, M; Deutschman, CS; Seymour, CW et al (2016) The Third International Consensus Definitions for Sepsis and Septic Shock (Sepsis-3) JAMA Vol 315 No. 8 p801 – 810 doi:10.1001/jama.2016.0287 Signs and Symptoms & treatment of Sepsis: UK Sepsis Trust*

<https://sepsistrust.org/education/>