

RECOGNISING SEPSIS

Signs & Symptoms

CALL 999 OR GO TO A&E IF A BABY OR YOUNG CHILD HAS ANY OF THESE SYMPTOMS OF SEPSIS

- *blue, pale or blotchy skin, lips or tongue*
- *a rash that does not fade when you roll a glass over it, the same as meningitis*
- *difficulty breathing (you may notice grunting noises or their stomach sucking under their ribcage), breathlessness or breathing very fast*
- *a weak, high-pitched cry that's not like their normal cry*
- *not responding like they normally do, or not interested in feeding or normal activities*
- *being sleepier than normal or difficult to wake*

THEY MAY NOT HAVE ALL THESE SYMPTOMS.

- *acting confused, slurred speech or not making sense*
- *blue, pale or blotchy skin, lips or tongue*
- *a rash that does not fade when you roll a glass over it, the same as meningitis*
- *difficulty breathing, breathlessness or breathing very fast*
- *sleepiness*
- *muscle pain*

THEY MAY NOT HAVE ALL THESE SYMPTOMS.

CALL 999 OR GO TO A&E IF AN ADULT OR OLDER CHILD HAS ANY OF THESE SYMPTOMS OF SEPSIS

- *feels very unwell or like there's something seriously wrong*
- *has not had a pee all day (for adults and older children) or in the last 12 hours (for babies and young children)*
- *keeps vomiting and cannot keep any food or milk down (for babies and young children)*
- *has swelling, redness or pain around a cut or wound*
- *has a very high or low temperature, feels hot or cold to the touch, or is shivering*

Do not worry if you're not sure if it's sepsis – it's still best to call 111. They can tell you what to do, arrange a phone call from a nurse or doctor, or call you an ambulance.