

Sepsis Health Tips

To remember the symptoms of sepsis, use the word itself:

S – Shivering, fever or very cold.

E – Extreme Pain or general discomfort (“worst ever”)

P – Pale or discolored skin

S – Sleepy, difficult to rouse, confused

I – “I feel like I might die”

S – Short of breath

If you suspect sepsis, call 911 or go to a hospital immediately.