

# Healthcare providers are key to preventing infections and illnesses that can lead to sepsis.

**EDUCATE** patients and their families about the early symptoms of severe infection and sepsis, and when to seek care for an infection, especially those at higher risk.

**REMIN**d patients that taking care of chronic illnesses helps prevent infections.

**ENCOURAGE** infection prevention measures, such as hand hygiene and vaccination against infections.

## Common infections can lead to sepsis.

### Among adults with sepsis:

35% had a lung infection  
(e.g., pneumonia)

25% had a urinary tract infection  
(e.g., kidney infection)

11% had a type of gut infection

11% had a skin infection

## Know the signs and symptoms of sepsis.



Shivering, fever, or very cold



Extreme pain or discomfort



Clammy or sweaty skin



Confusion or disorientation



Short of breath



High heart rate