

GET AHEAD OF SEPSIS

KNOW THE RISKS.
SPOT THE SIGNS.
ACT FAST.

Get Ahead of Sepsis: Protect your patients

Get Ahead of Sepsis from the Centers for Disease Control and Prevention (CDC) encourages healthcare professionals to:

- Know sepsis signs and symptoms to identify and treat patients early.
- Act fast if you suspect sepsis. You should immediately evaluate and treat patients who might have sepsis.
- Prevent infections by following infection control practices (e.g., hand hygiene, appropriate catheter management) and ensuring patients receive recommended vaccines.
- Educate your patients and their families about:
 - Preventing infections.
 - Keeping cuts and wounds clean and covered until healed.
 - Managing chronic conditions.
 - Recognizing early signs and symptoms of worsening infection and sepsis.
 - Seeking immediate care if signs and symptoms are present.

Each year, about 1.7 million adults in America develop sepsis. At least 350,000 adults who develop sepsis die during their hospitalization or are discharged to hospice. With your fast recognition and treatment, most patients survive. *Get Ahead of Sepsis* provides materials and resources to help healthcare professionals educate patients and their families about the importance of early recognition and timely treatment of sepsis, reassessment of antibiotic needs, and prevention of infections.

What should healthcare professionals do if they suspect sepsis?

Sepsis is a medical emergency. You play a critical role. Protect your patients by acting fast.

- Know your facility's existing guidance for diagnosing and managing sepsis.
- Immediately alert the healthcare professional overseeing care of the patient if it is not you.
- Start antibiotics as soon as possible in addition to other therapies appropriate for the patient. If a specific bacterial cause of sepsis is known, therapy should be targeted to optimize treatment and broad-spectrum antibiotics might not be needed.
- Check patient progress frequently. Treatment requires urgent medical care, usually in an intensive care unit in a hospital, and includes careful monitoring of vital signs and often antibiotics. Early and frequent reassessment of patients with sepsis should be undertaken to determine the appropriate duration and type of therapy.

To support patients, caregivers, and healthcare professionals, CDC provides [educational information](#), including fact sheets, brochures, and infographics. Visit the [CDC sepsis website](#) for more information.

