



THE UK
SEPSIS
TRUST



Patient

Trusted medical information and support

What to look out for when you're unwell

Sepsis is a life-threatening condition and needs emergency treatment, usually in hospital. The symptoms of sepsis may be vague and not specific so seek medical advice immediately if you have any concerns.

You should seek medical advice immediately if you or anyone you're with has any of the following:

- VERY high temperature (fever) or low body temperature (feels very cold).
- Severe shivering.
- Fast breathing and feeling breathless.
- Feel very sleepy or about to lose consciousness.
- Severe muscle pain or tummy (abdominal) pain.
- Feel confused or disorientated (not sure where you are).
- Slurred speech.
- Feel very dizzy or faint, or have a fit (seizure).
- Your skin is cold, clammy and either pale or patchy (mottled).
- A rash which does not fade with pressure.
- Not eating any food or drinking any fluid.
- Being sick (vomiting) repeatedly.
- Not passing as much urine as normal (especially if you don't pass any urine in 24 hours).

If you do have sepsis you may also have other symptoms of infection such as a flu-like illness (cough, fever, muscle aches and joint pains) or diarrhoea and vomiting.

Early treatment saves lives. Call 999 if you are very concerned.

Call your GP immediately if you're concerned,
but don't think you need to go straight to hospital.

If there is any delay in talking to a Doctor then call 999.