

# What is Sepsis?

Sepsis is when your body reacts badly to an infection. It can make you very ill and you could die.



## What are the signs and symptoms of Sepsis?



- Feeling very hot or very cold and shivering.



- Having a very fast heart beat.
- Breathing fast or feeling out of breath even if you are sitting still.



- Feeling confused.
- Feeling sick or vomiting.



- Fainting or collapsing.
- Not able to have a wee or not going for a wee all day.



What should you do if you think you have Sepsis?



Phone NHS 111 and  
say you are worried  
about Sepsis



You may need to go to hospital straight  
away.

For more information about Sepsis you can



Look at this website  
[www.sepsistrust.org](http://www.sepsistrust.org)

Or email  
[info@sepsistrust.org](mailto:info@sepsistrust.org)



or call  
**0800 800 0029**