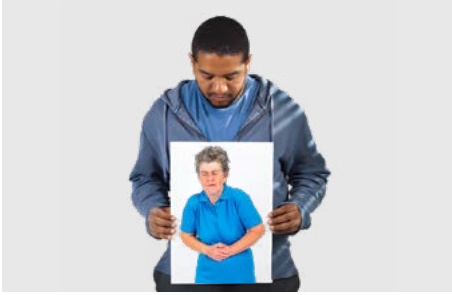


Could it be sepsis?



Easy Read

What is sepsis?



This information is about **sepsis**.



Sepsis is when your body gets very sick because it tries too hard to fight an **infection**.



An **infection** is when a germ gets into your body and makes you very sick.



A lot of people can get sepsis from any infection like in their

- Lungs
- Belly
- **Urinary system.**



Your **urinary system** makes wee and helps it leave your body.



You might also get sepsis from an infection if you had **surgery** not long ago.

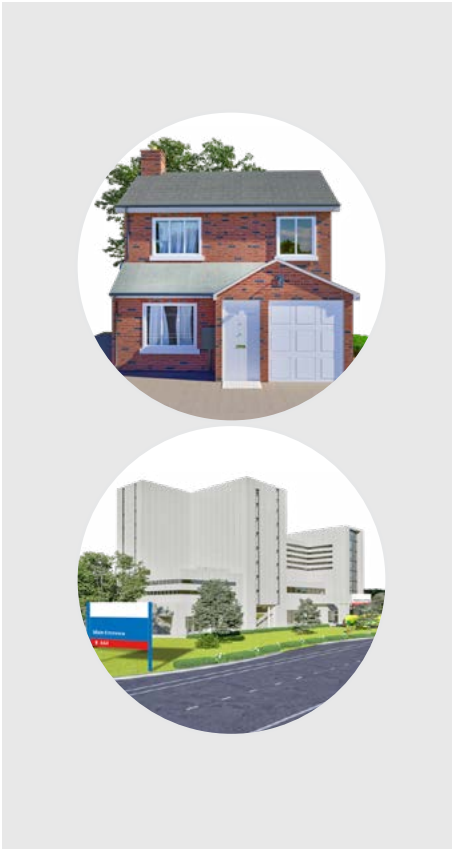


Surgery is when doctors do work on or inside your body to make it better.

Who can get sepsis



Anyone can get sepsis.



You can get sepsis

- At home
- At hospital.

But some people who are more likely to get sepsis than others are



- Young babies or children



- Older people



- Aboriginal and Torres Strait Islander people



- People who are pregnant or just had a baby.



Sepsis can hurt important parts of your body like your heart or lungs.



People can die when they have sepsis if they do not get help quickly.

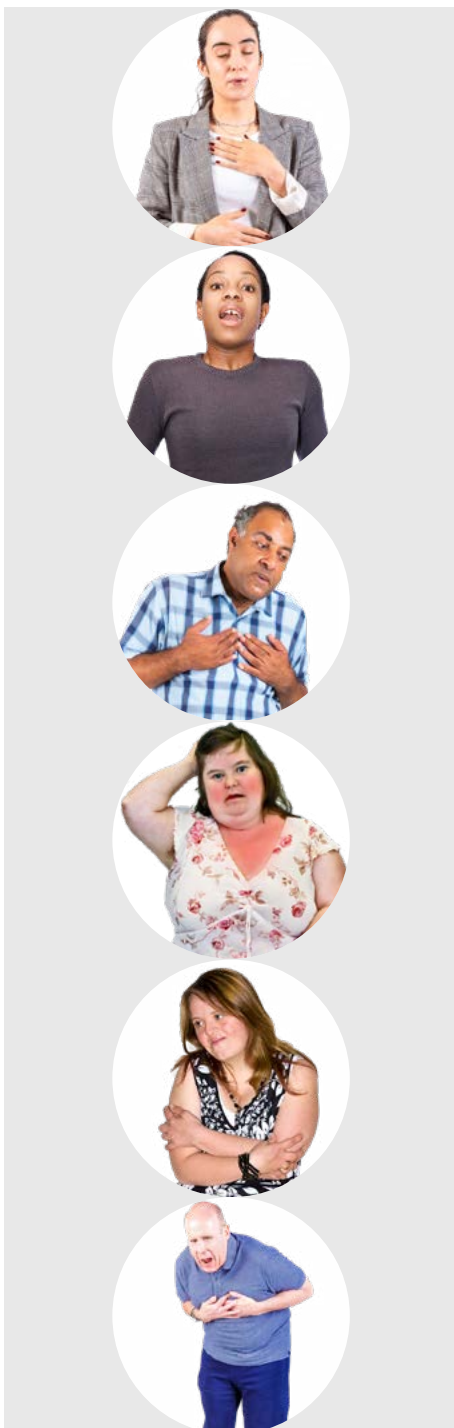


This is why it is very important to know the signs of sepsis.

What are the signs of sepsis in adults?



There are different signs that could mean you might have sepsis.

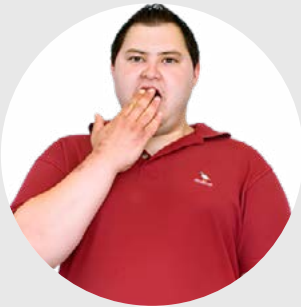


You might have sepsis if

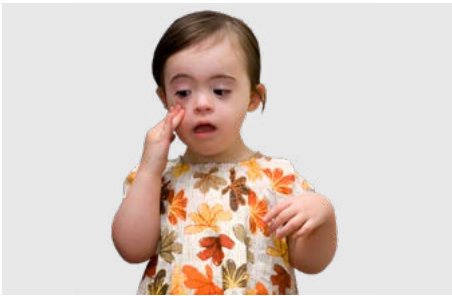
- It is hard to breathe
- You breathe very fast
- Your heart beats very fast
- You feel very hot
- You feel very cold
- You are in a lot of pain.

Other signs of sepsis might be

- You are tired
- Your poo is runny
- Being sick
- You do not wee as much
- You are confused
- You feel sicker than you have ever felt before.



What are the signs of sepsis in children?



Children can have these signs when they have sepsis.



Children might

- Breathe very fast or very slow
- Not wee as much
- Be very tired and hard to wake up
- Find it hard to sit still.

They might also



- Be confused



- Vomit



- Be in a lot of pain



- Have **fits**.



A **fit** is when a child shakes all over and can not control their body.



Sometimes the skin of a child looks different than usual.



Their skin might

- Have parts that look different from the rest like red spots
- Feel very cold
- Have a rash that stays there when you press it.

People who can get sepsis more easily



You might get sepsis more easily if you have a **long term illness or disease**.



A **long term illness or disease** is when you are sick for a long time with something like

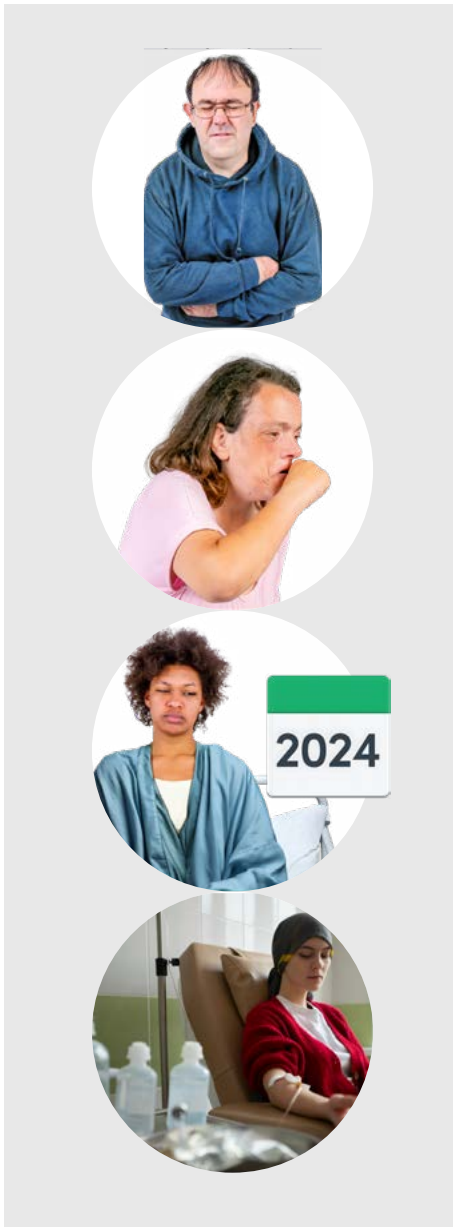
- **Diabetes**
- **Heart disease.**



Diabetes is when you have too much sugar in your blood.

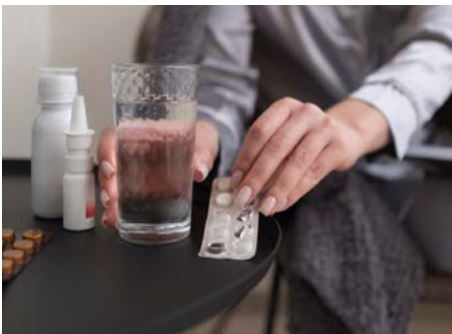


Heart disease is when your heart can not push blood around your body like it should.



It might also be other people who

- Have lots of health issues
- Have COVID-19
- Have had sepsis before
- Are being treated with **chemotherapy**.



Chemotherapy is medication that doctors can use if you have cancer.

Other people who are more likely to get sepsis could be people who



- Have an infection that does not get better



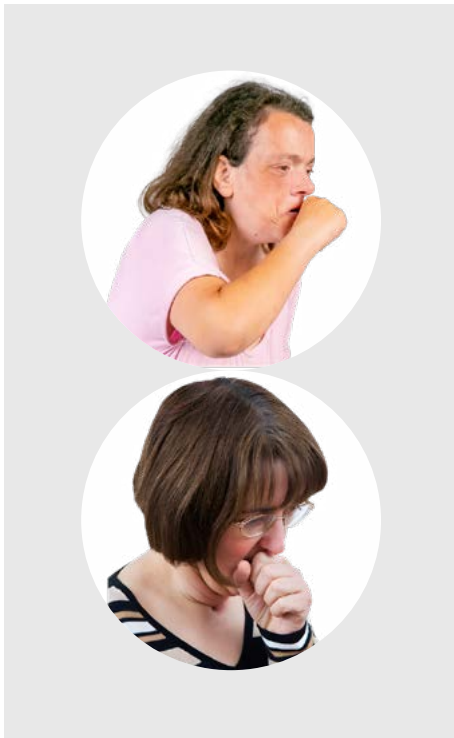
- Have bad burns



- Have had surgery not very long ago



- Have an injury.



It could also be people who

- Are sick with an infection in their lungs
- Have trouble fighting off germs or infections.



If you have a **medical device** you might also be more likely to get sepsis.



A **medical device** is something put inside your body to help you stay well.



This could be a catheter or feeding tube.

How can I not get sepsis?



There are some things you can do to help stop you getting sepsis.



You can

- Wash your hands often
- Keep your body clean by having a shower often
- Keep cuts on your body clean
- Put a bandaid on any cuts.

You can



- Do things that help with your chronic disease like wear a mask



- Ask a health worker if you have all the **vaccinations** that help you stay healthy.

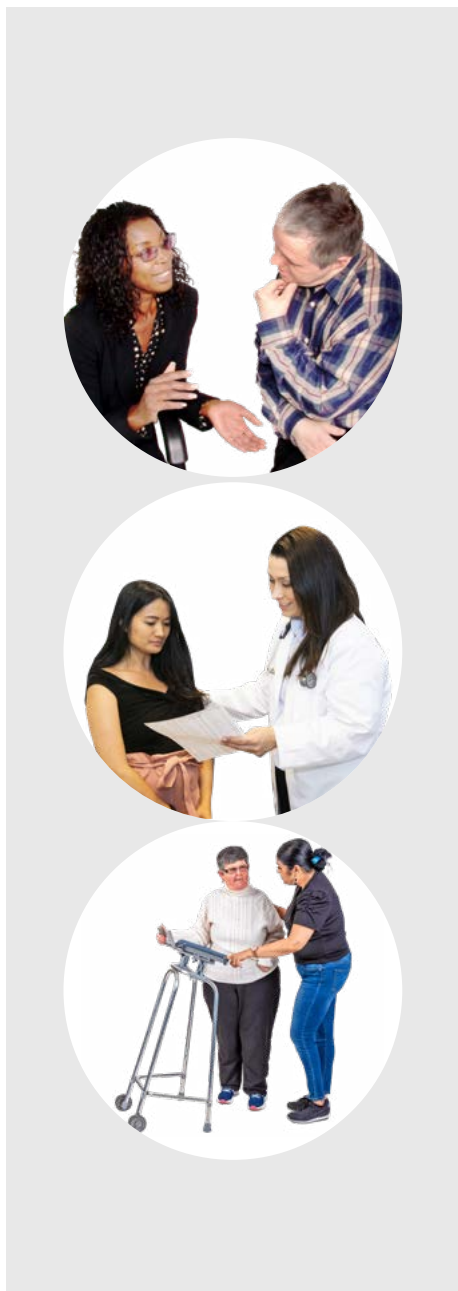


Vaccinations are like medicines that can help stop you from getting sick.

If you are worried about sepsis

If you think a friend or family member might have sepsis you can

- Talk to a family member or friend
- Talk to your doctor about them
- Talk to your support worker.



It is important that they see a doctor quickly if they have sepsis.

What if you think you have sepsis



Call **000** now if you think you have sepsis.



You can also go to hospital.

If you have sepsis

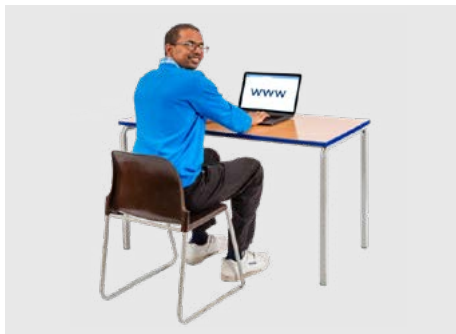


If you have sepsis you will get medicine to treat it.



You might need to stay in hospital while you have sepsis.

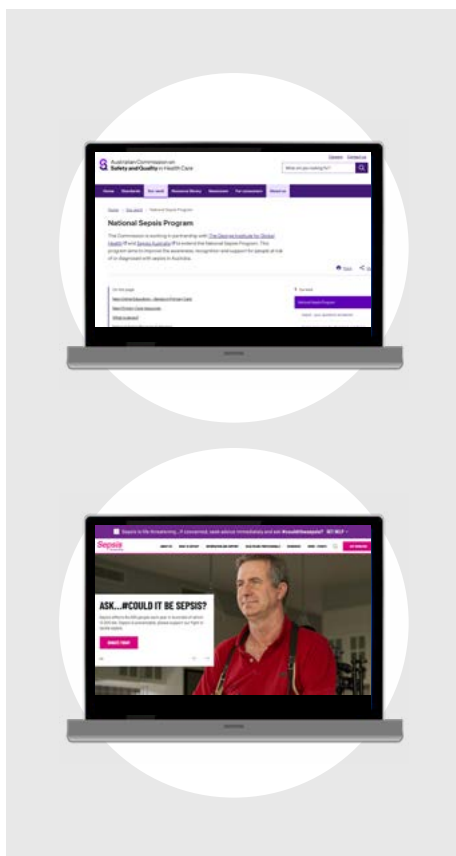
More information



There are some websites you can go to for more information about sepsis.

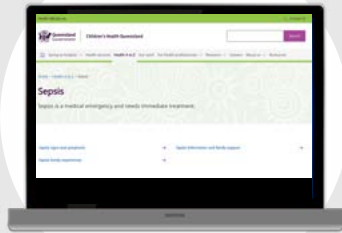


These websites are not Easy Read.

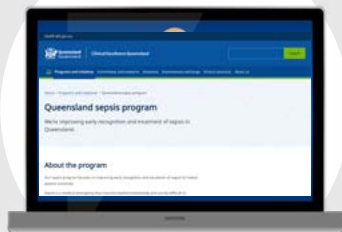


These websites are

- Australian Commission on Safety and Quality in Health Care
www.safetyandquality.gov.au/our-work/partnering-consumers/national-sepsis-program
- Sepsis Australia
www.australiansepsisnetwork.net.au



- Childrens Health Queensland Hospital and Health Service
www.childrens.health.qld.gov.au/sepsis



- Clinical Excellence Queensland
www.clinicalexcellence.qld.gov.au/priority-areas/safety-and-quality/sepsis/sepsis-pathways-and-resources



- NSW Clinical Excellence Commission
www.cec.health.nsw.gov.au/keep-patients-safe/sepsis

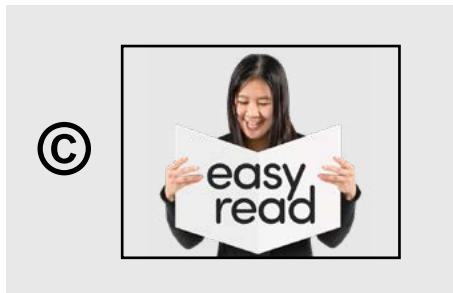


- Global Sepsis Alliance
www.global-sepsis-alliance.org

Who did this Easy Read



Council for Intellectual Disability made this information for the **Australian Commission on Safety and Quality in Health Care**.



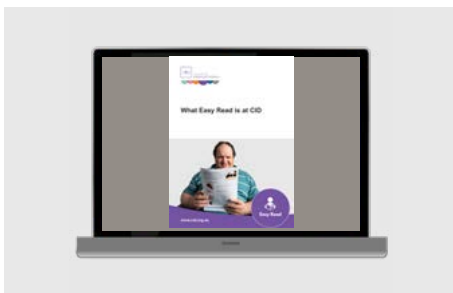
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