

# WHAT ARE THE SYMPTOMS?

## SYMPTOMS IN ADULTS

An adult may have sepsis if they show any of these signs:

- S**lurred speech or confusion
- E**xtrême shivering or muscle pain
- P**assing no urine (in a day)
- S**evere breathlessness
- I**t feels like you're going to die
- S**kin mottled or discoloured\*

\*On darker pigmented skin it may be easier to spot changes on the inside of the forearm or palms

## SYMPTOMS IN CHILDREN

A child may have sepsis if he or she:

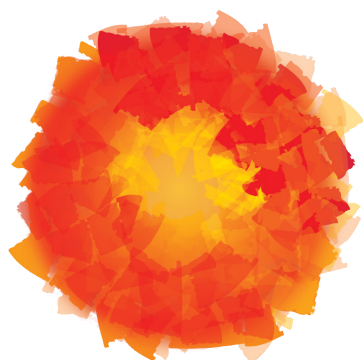
- Is breathing very fast
- Has a 'fit' or convulsion
- Looks mottled, bluish, or pale\*
- Has a rash that does not fade when you press it
- Is very lethargic or difficult to wake
- Feels abnormally cold to touch

\*On darker pigmented skin it may be easier to spot changes on the inside of the forearm or palms

## SYMPTOMS IN CHILDREN UNDER 5

- Not feeding
- Vomiting repeatedly
- Hasn't had a wee or wet nappy for 12 hours

**Call 111** or **contact your GP** if you're worried about an infection.  
**Call 999** or **visit A&E** if someone has one of the sepsis symptoms.



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**JUST ASK "COULD IT BE SEPSIS?"**