



For Parents and Caregivers of Children

Your child is **not feeling well**

Follow the steps on the back of this card and watch for signs and symptoms of an infection.

Save this card for healthy reminders!

**GET AHEAD
OF SEPSIS**

Did you know...Anyone can get an infection, and almost any infection can lead to sepsis.

Most minor injuries and illnesses—such as cuts, scrapes, and colds—get better on their own. Sometimes cuts or scrapes get infected, and some mild illnesses can become more serious. If this happens, consult a medical professional right away; your child may need treatment. Infections can lead to a **life-threatening condition called sepsis**. Sepsis is the body's extreme response to an infection.

A child with sepsis might have one or more of the following signs or symptoms:

- High heart rate or weak pulse
- Fever, shivering, or feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain or discomfort
- Clammy or sweaty skin

You can take specific steps to reduce your child's risk of sepsis: take good care of their chronic conditions, get them recommended vaccines, keep their hands clean, and keep their cuts and wounds clean and covered until healed.

If your child has an infection that's not getting better or is getting worse, **act fast**. Get medical care immediately and ask the healthcare professional, **"Could this infection be leading to sepsis?"** and if you should go to the emergency room.

**GET AHEAD
OF SEPSIS**

Learn more at
cdc.gov/sepsis



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