

# Safety Advice Sheet

## Sepsis

**When you attended the Emergency Department today, you displayed some vital signs that may have indicated that you had Sepsis. As such you were treated with a one-off dose of antibiotics as a precaution.**

These abnormal observations may have been one or several of the following:

- Abnormally low blood pressure
- Abnormally high heart rate
- Evidence of new confusion
- Abnormally low oxygen saturations (sometimes normal for people with chronic respiratory conditions such as COPD)
- Abnormally high respiratory rate
- Abnormally high or low temperature

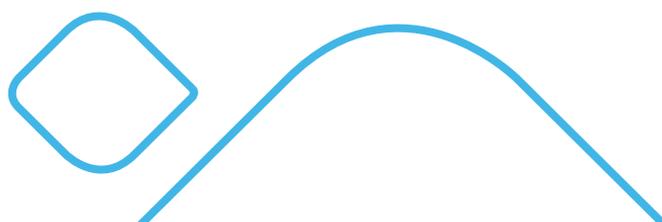
Many other conditions can cause these changes in your vital signs from cardiac conditions, respiratory conditions, localised infections such as cellulitis or chest infections, flu and many other viruses.

Since you were assessed, we have been able to confirm that at present you do not have sepsis and that your observation abnormalities were caused by another condition which we are treating you for.

This advice sheet provides you with information about sepsis and if you have a confirmed infection, what signs to look out for should you become more unwell or develop sepsis during your recovery.

### What is Sepsis?

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



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## What are the symptoms of Sepsis?

You should always seek help if you, or anyone you're with, develops symptoms as below:

**S**lurred speech or confusion.

**E**xtrême shivering or muscle pain.

**P**assing no urine (in a day - 18 hours).

**S**evere breathlessness.

**I**t feels like you're going to die.

**S**kin is mottled or discoloured.

Other severe symptoms which could suggest sepsis include:

- VERY high temperature (fever above 38°C) or low body temperature (feels very cold - lower than 36°C).
- Feeling very sleepy or about to lose consciousness.
- Severe tummy (abdominal) pain.
- Feeling very dizzy or faint, or having a fit (seizure).
- A rash which does not fade with pressure. The glass test can be used - pressing a clear glass over the rash - the rash should fade; if it doesn't, you must call an ambulance immediately.
- Not eating any food or drinking any fluid.
- Being sick (vomiting) repeatedly.

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.

If during the process of your recovery you develop any of the above symptoms please return urgently to the Emergency Department for re-assessment as early treatment of Sepsis saves lives.

### Source

Patient.info (written in conjunction with the Sepsis Trust) <https://patient.info/infections/sepsis-septicaemia-leaflet/adult-sepsis-safety-net>

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If you would like this leaflet in email form, large print, braille or another language, please contact the Patient Support and Complaints team on 01225 825656.

Date of publication: March 2024 | Ref: RUH QIC/006  
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