Feeling unwell?

Do the Sepsis Check. For adults.

Infections are part of everyday life. But they can lead to sepsis – and a medical emergency.

Signs that an infection may be present

- Fever
- Pain
- Chills
- Stiff neck
- Hard, tender belly
- Pus
- Cloudy urine, urinary urgency
- Shortness of breath
- Cough
- Red or unusually warm skin

Sepsis

Warning signs during an infection that may point to sepsis

- Feeling more ill or weak than ever before
- Confusion, an unusual change in behaviour or apathy
- Chills
- Pale, mottled, blotchy or bluish skin
- Extreme pain
- Rapid breathing, difficulty breathing or shortness of breath
- Fast pulse or racing heartbeat
- Reduced urine output
- Pulse below 50 beats per minute
- Pulse above 120 beats per minute
- Top blood pressure below 100 mmHg
- More than 20 breaths per minute
- Very high fever or very low body temperature

In this case: Get help. Ask about sepsis.

Call 144 or a medical practice.

SWISS SEPSIS PROGRAM

Think Sepsis. Save Lives.

sepsis.ch