

RAISE THE FLAG

**Could it be
Sepsis?**

***I've been
feeling sleepy.***

***I feel like I'm
going to die.***

My skin looks blotchy.

***I haven't been to
the toilet in a while.***

I can't stop shivering.

It's hard to breathe.

If you've noticed these symptoms raise your voice and raise the flag - it could be a serious infection.

Call 111, tell them what's happening and ask "Could it be Sepsis?"

What is sepsis?

Also known as “blood poisoning” - sepsis occurs when your body reacts to an infection in an exaggerated way, causing damage to tissue and vital organs. It’s a life-threatening condition that can lead to serious injury and death.

What are the signs?

- Sleepiness
- Extreme shivering
- Passing no urine (mimi)
- Severe breathlessness
- It feels like I’m going to die
- Skin blotchy

**Sepsis is a medical emergency.
Raise your voice, raise the flag,
and act quickly.**

- Call 111
- Tell them what’s happening
- Ask: “Could it be Sepsis?”



Sepsis
Trust NZ