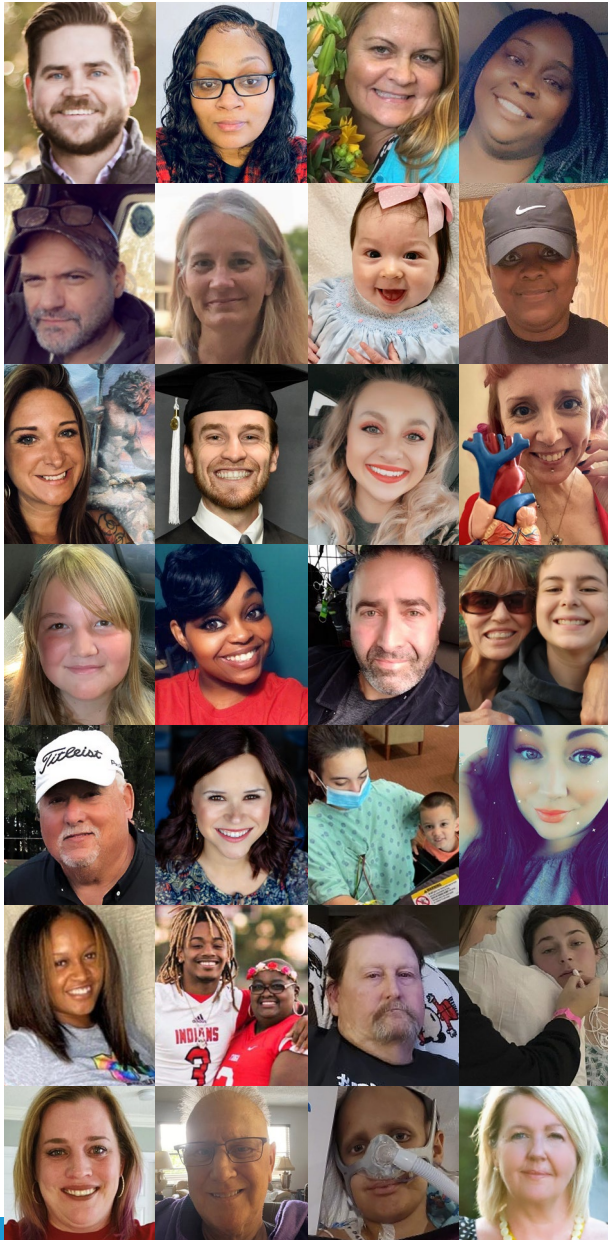
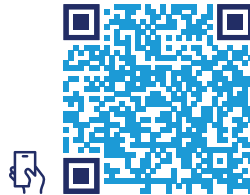


WE SURVIVED SEPSIS.



SCAN DOWNLOAD & SHARE



Sepsis can be treated easily if caught early.
Scan, download resources like this in our resource library
and share with your family and friends.

beginagainfoundation.com/resource-library

UNINSURED MEDICAL EXPENSES OR CASE MANAGEMENT ISSUES

Our Leishline grant and case management
programs may be able to help.

beginagainfoundation.com/leishline

GENERAL INFORMATION

info@beginagainfoundation.com
www.beginagainfoundation.com



BEGIN AGAIN FOUNDATION
Saving lives. Supporting survivors.

HOW DO I SPOT SEPSIS?

Sepsis can mimic the symptoms from other illnesses—
especially the flu or gastrointestinal. **To spot it:**

Think S-E-P-S-I-S



Shivering
Fever or Very Cold

Extreme
Pain or Discomfort



Pale
or Discolored Skin

Sleepy,
Difficult to Wake or Confused



I
Feel Like I May Die

Short
of Breath

If you or someone is experiencing these symptoms,
**SEEK MEDICAL ATTENTION
IMMEDIATELY.**
Tell them **YOU SUSPECT SEPSIS.**

WHAT IS SEPSIS?

A life-threatening immune response to an infection in the body.

If not treated, it can quickly lead to tissue damage, organ failure and death.

WHAT CAUSES IT?

Infections.

The release of chemicals from your immune system in response to an infection somewhere in your body can, if the infection is left untreated, trigger severe uncontrolled inflammation. This reduces blood flow, causes organ failure and quickly leads to death.

WHO IS AT RISK?

Anyone.

Those at **HIGHEST RISK** include:

 **65+** over the age of 65

 **premature, newborn and under one year old**

 **with chronic illness**

 **who are immunocompromised or with a weakened immune system**

THE INFORMATION IN THIS PAMPHLET IS FOR EDUCATIONAL AND INFORMATIONAL PURPOSES ONLY. IT IS NOT INTENDED TO BE A SUBSTITUTE FOR PROFESSIONAL MEDICAL ADVICE, DIAGNOSIS OR TREATMENT. ALWAYS SEEK THE ADVICE OF YOUR PHYSICIAN OR A QUALIFIED HEALTHCARE PROVIDER WITH ANY QUESTIONS CONCERNING ANY OF THE INFORMATION CONTAINED IN THIS PAMPHLET.

HOW DO I STOP SEPSIS?

Prevent infections, prevent sepsis!

-  Practice good hygiene
-  Wash your hands
-  Keep cuts clean and covered until healed
-  Stay up-to-date on recommended vaccines
-  Get routine wellness checks and care for chronic conditions
-  Seek medical attention **immediately** if you suspect an infection of any kind

HOW IS IT TREATED?

Each treatment plan is individualized to the patient.

It can include:

- Testing for type and source of infection
- IV fluids & antibiotics
- Imaging like X-rays or CT scans
- Medications for blood pressure and organ function
- Oxygen by mask, nasal cannula or mechanical ventilator
- Surgery

DID YOU KNOW?



Sepsis is the **LEADING** cause of death in hospitals



Every 20 seconds, someone in the US is diagnosed with sepsis (1.7 million annually)



Every 2 minutes, someone in the US dies from sepsis

That is more than prostate cancer, breast cancer and opioid overdoses **combined!**

MAKE A DIFFERENCE. Share your story.



In 2015, I almost lost my life to sepsis. If I had known the symptoms, I could have been treated early and never seen the inside of an ICU. I am one of the lucky ones to have survived and it has become my mission to raise awareness. It is my passion to keep you from experiencing what myself and my family went through.

Audrey Leishman
Sepsis Survivor
Founder of Begin Again Foundation

READ MORE STORIES
or submit your own.
beginagainfoundation.com/sepsis-stories