

Help Fight Sepsis by Protecting Yourself

September is Sepsis Awareness Month, a time to learn about this life-threatening condition and how you can take steps to prevent it. Sepsis happens when the body's response to an infection spirals out of control, leading to tissue damage, organ failure, and even death. Anyone can get sepsis, but older adults, infants, and people with weakened immune systems are at higher risk.

What You Can Do to Protect Yourself:



- Stay up to date on vaccines such as flu, COVID-19, and pneumonia shots to lower your risk of infections that can lead to sepsis.
- Practice everyday hygiene by washing your hands regularly, cleaning and covering wounds, and changing bandages as needed.
- Pay attention to infections by seeking medical care for fevers, persistent coughs, painful urination, or wounds that look red, swollen, or produce pus.
- Use antibiotics wisely by taking them exactly as prescribed, never stopping early, and never sharing medications with others.

Learn the warning signs of sepsis and get emergency help immediately if you notice:

- Extreme confusion or disorientation
- Shortness of breath
- Rapid heartbeat
- Fever, chills, or feeling very cold
- Severe pain or discomfort
- Skin that is clammy, pale, or discolored



For more information on Sepsis Awareness and prevention, visit:

[cdc.gov/sepsis/about/?CDC_AAref_Val=https://www.cdc.gov/sepsis/what-is-sepsis.html](https://www.cdc.gov/sepsis/about/?CDC_AAref_Val=https://www.cdc.gov/sepsis/what-is-sepsis.html)



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