

Health Minute: Sepsis

Now, a Health Minute.

Sometimes an infection can lead to sepsis. This condition can cause organ failure and even death.

Sepsis is a medical emergency. It needs to be treated right away.

If you or a loved one has an infection that doesn't go away or gets worse, watch for the symptoms of sepsis: confusion; shortness of breath; high heart rate; extreme pain or discomfort; fever, chills, or feeling very cold; and clammy or sweaty skin.

To prevent sepsis, take steps to prevent infections.

Wash your hands often.

Clean and cover cuts.

Stay up-to-date on vaccines.

And manage chronic conditions.