



JUST ASK • COULD IT • BE SEPSIS? MOST CASES OF SEPSIS START IN THE COMMUNITY



Skin colour
has changed



Short wind



Feeling
really hot



Feeling
really tired
or confused



Feeling
really cold



Runny poo



Not much
urine



Feeling sick in
the stomach



Heart beating
too fast

KNOW THE SIGNS

**SEPSIS IS AN EMERGENCY.
IF YOU HAVE SYMPTOMS AND ARE WORRIED, CALL TRIPLE ZERO (000)
OR GO TO YOUR LOCAL HEALTH CLINIC OR HOSPITAL.**