

# ANY CHILD WHO:

- 1 Is breathing very fast
- 2 Has a 'fit' or convulsion
- 3 Looks mottled, bluish or very pale
- 4 Has a rash that does not fade when you press it
- 5 Is very lethargic or difficult to wake
- 6 Feels abnormally cold to touch

## MIGHT HAVE SEPSIS

**Dial 999 and Just Ask:**  
**"Could it be Sepsis?"**

The UK Sepsis Trust registered charity number (England & Wales) 1158843 | (Scotland) SC050277.  
Company Reg No B644039. Sepsis Enterprises Ltd company number 9583335.  
VAT Reg No 293133408 DN10018; Support; Rev. 17th September 2020 Ver1.

# ANY CHILD UNDER 5 WHO:

- 1 Is not feeding
- 2 Is vomiting repeatedly
- 3 Hasn't had a wee or wet nappy for 12 hours

## MIGHT HAVE SEPSIS

If you're worried or they're deteriorating  
call 111 or make an appointment to see your  
GP and Just Ask: "Could it be Sepsis?"



THE UK  
SEPSIS  
TRUST

[sepsistrust.org](https://sepsistrust.org)

# WHAT IS SEPSIS?

Sepsis is a life-threatening condition that arises when the body's response to an infection injures its own tissues and organs.

Sepsis can lead to shock, multiple organ failure and death especially if not recognised early and treated promptly.

# HOW DO I SPOT IT?

Sepsis can initially look like other illnesses like 'flu or gastroenteritis and can be difficult to spot. There is no one sign, and symptoms can present differently in adults and children.

Email [info@sepsistrust.org](mailto:info@sepsistrust.org) or call  
0800 389 6255 for more information.

**JUST ASK**  
**“COULD IT BE SEPSIS?”**  
IT'S A SIMPLE QUESTION, BUT IT COULD SAVE A LIFE.