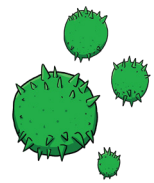


# Sepsis

## What is sepsis?

- Sepsis is a very serious medical condition and needs to be treated by a doctor straight away.
- Sepsis can happen when the body is fighting an infection.
- Sepsis can damage many parts of the body and can even cause death.
- The best way to help bub get better, is for bub to see a doctor straight away.
- Anyone can get sepsis, but bubs under 5 years are at greater risk of sepsis.



## Prevention of sepsis

One way to protect your bub from sepsis is to keep their skin clean and healthy.

To help keep germs away make sure you:



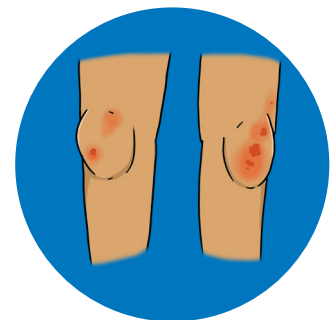
Wash bub's hands after going to the toilet



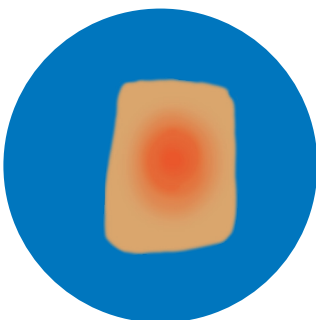
Wash bub's hands before bub eats



Wash bub's body after playing in the dirt



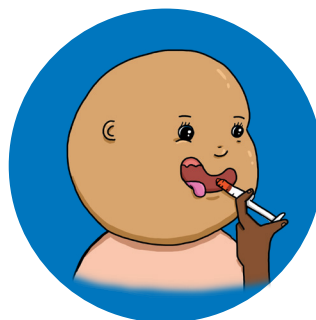
Clean and cover any cuts, bites and sores with a Band-Aid



If bub's sores are red and not getting better or you are worried, see a doctor



Make sure bub has their baby needles (vaccinations). This helps to keep bub healthy



If bub has been sick and has antibiotic medicine from the doctor, make sure they take ALL the medicine. **Don't stop until the medicine is finished - even if bub looks better.**

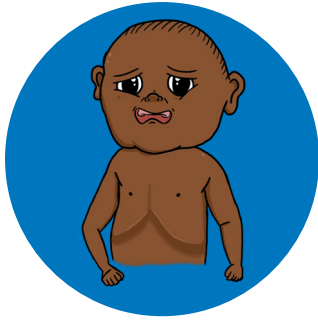


Tell the doctor if bub has had sepsis before

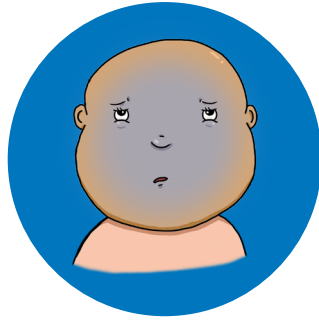
## Early signs of sepsis

It might be hard to tell if bub has sepsis. Sepsis can start with a skin sore, tummy bug, a cold or the flu. If bub has sepsis they will become very sick.

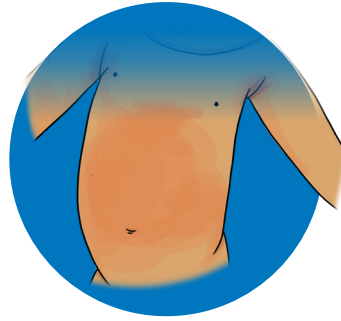
Some of the things to look out for are:



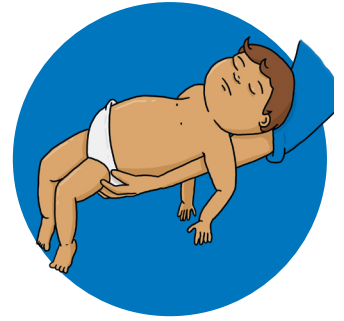
Fast breathing or long gaps in breathing



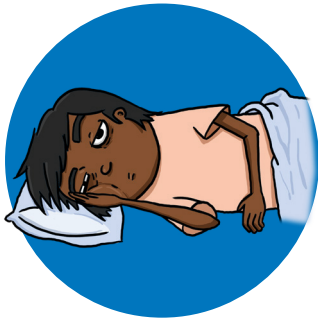
Skin that feels really cold or is very patchy or blotchy or blue



A rash that doesn't fade when you press it



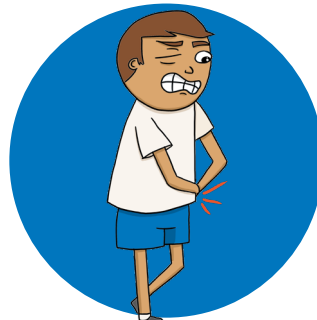
Bub is floppy



Sleepy, confused or hard to wake up



Fits or seizures



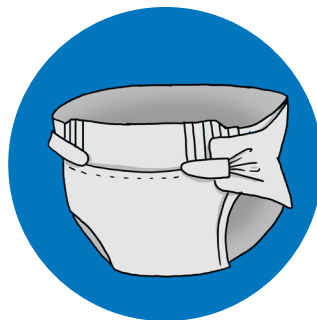
A lot of pain



Vomiting



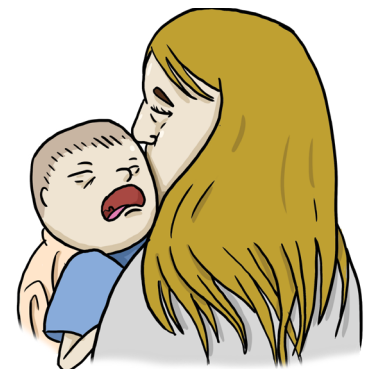
Unsettled, crying, not their usual self



Not enough wet nappies

You know bub best.

If you are worried go to a doctor straight away and tell them you are worried about sepsis.



## How is sepsis treated?

- Seeing the doctor quickly, telling them you are really worried about sepsis will help the doctor to start treatment and may save bub's life.
- If bub has sepsis they will need to go to hospital.
- The doctors at the hospital will talk to you about bub's treatment.



## When bub leaves hospital, you will get:

- A discharge letter for you and your family to understand what has happened .
- A plan to take bub to the GP or health clinic for follow up appointments.
- Medicines bub will need.
- Things to look out for in case bub's sickness gets worse and what to do if you are worried.
- Information on how to stop sepsis from coming back.



Government of **Western Australia**  
Child and Adolescent Health Service

### Child and Adolescent Health Service

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This document can be made available in alternative formats on request for a person with a disability.

**Disclaimer:** This publication is for general education and information purposes. Contact a qualified healthcare professional for any medical advice needed.

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