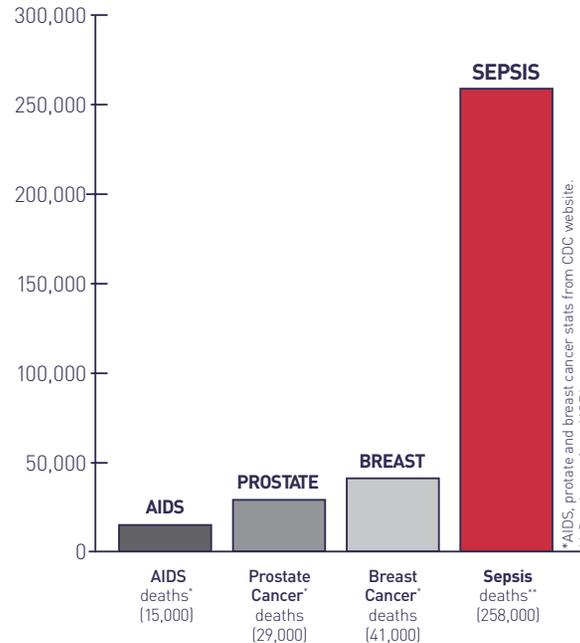


BE AN ADVOCATE EMPOWER YOURSELF AND OTHERS

- Ask your doctor
“Could it be sepsis?”
- Don't be afraid to ask questions about a diagnosis or speak up if you have concerns about your care.
- Ask your doctor if your temperature, pulse and respiratory rate are normal.
- Make sure all test results are reviewed by a qualified medical professional and communicated to you in a way you can understand.
- Insist on good hand hygiene from those involved in your care.
- Ask that your primary care doctor receive all test results.

Sepsis kills more Americans than AIDS, prostate cancer, breast cancer COMBINED.



- Sepsis begins outside the hospital for nearly 80% of patients.
- Sepsis kills more than 258,000 Americans each year.
- 60% of American have never heard of sepsis.
- There are more than a million cases of severe sepsis diagnosed each year in the United States.
- Hundreds of thousands are left with life-changing disabilities.
- Sepsis is the number one cause of death in hospitals.
- Sepsis kills more Americans than prostate cancer, breast cancer and AIDS combined.
- Sepsis is the most expensive condition treated in U.S. hospitals, costing more than \$23 billion.

SEPSIS:

WHAT
YOU
NEED TO
KNOW
NOW!



OUR STORY

On April 1st, 2012, our healthy 12-year-old son died from sepsis. Rory had fallen in gym class a few days earlier, grazing his arm. The wound became infected and that night Rory began developing classic signs of sepsis: high temperature, extreme body pain, mottled skin, weakness. After being sent home with a diagnosis of gastric flu from his pediatrician and a major New York hospital, Rory died four days later in the intensive care unit of the same hospital that had discharged him days earlier.

Rory's death was entirely preventable. We had never heard of sepsis; if we had known the signs or if the medical professionals who treated him had thought to consider a sepsis diagnosis, Rory would have been given broad-spectrum antibiotics and IV fluids and would be alive today.

Since Rory's death, we have made it our mission to spare other families the pain and heartbreak that we have endured. We now know that sepsis is the biggest killer of infants and children worldwide and that, like Rory's, the majority of these deaths are preventable. It starts with raising the level of public awareness about the condition and its symptoms so that sepsis is diagnosed and treated with the swiftness that is critical to avoiding a poor outcome. We hope you will read and share the information provided here. It may well save your life.

*Debra Staunton
Ciara Staunton*

WHAT YOU NEED TO KNOW NOW!

SEPSIS IS A MEDICAL EMERGENCY

If you think that you or someone else is at risk of sepsis, seek immediate medical attention and ask, "Could it be sepsis?" A single hour can mean the difference between life and death.

WHAT IS SEPSIS?

Sepsis occurs when the body's response to an infection goes wrong and the immune system attacks its own organs and tissues. The body releases chemicals to fight the infection but the chemicals instead cause widespread inflammation. If not diagnosed early, sepsis often leads to tissue damage, organ failure and death.

WHAT CAUSES SEPSIS?

Any kind of infection can trigger sepsis: bacterial, fungal and viral. Bug bites, cuts and grazes, pneumonia, urinary tract infections and ulcers can all lead to sepsis.

HOW CAN SEPSIS BE PREVENTED?

Preventing infection is the best way to prevent sepsis. The chance of infection can be reduced through simple measures such as getting vaccinated, practicing good hygiene, especially hand hygiene, and treating wounds and minor infections with appropriate first aid techniques.

HOW IS SEPSIS TREATED?

When diagnosed early, sepsis is treated with broad-spectrum antibiotics and IV fluids. Because early diagnosis is critical, it is vital that we are all able to identify the signs of sepsis when they appear in order to seek immediate medical assistance.

KNOW THE SIGNS OF SEPSIS

If you have any combination of these symptoms, seek medical attention and ask, "Could it be Sepsis?"

- Fever and chills
- Rapid breathing/breathlessness
- Pale or mottled skin
- Extreme pain
- Weakness, confusion, difficulty waking
- Low urine output
- Temperature higher than 101F or lower than 96.8F
- Rapid heart beat
- Feeling "I might die"