

Recognising the signs and symptoms of sepsis

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It's important to recognise the signs and symptoms of sepsis. Also referred to as blood poisoning or septicaemia, it can be a life-threatening condition. Get medical help immediately if you think you've noticed the early signs of sepsis.

Sepsis and septic shock

You should keep sepsis in mind when someone:

- becomes very unwell
- acts differently than they have previously when they had an infection
- has a fast heartbeat
- has fast breathing or difficulty breathing

The early symptoms of sepsis include:

- a high temperature (fever) or, due to changes in circulation, a low body temperature instead
- chills and shivering

In some cases, and often very quickly, severe sepsis or [septic shock](#) can develop. Symptoms include:

- feeling dizzy or faint
- confusion or disorientation
- slurred speech
- severe muscle pain
- severe breathlessness
- not urinating for a day
- cold, clammy and pale or mottled skin, or grey (ashen) appearance

You can find more information at the following link:

Severe sepsis and septic shock are medical emergencies. If you think you or someone you know has one of these conditions, call 999 and ask for an ambulance.

More useful links

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