

# GET AHEAD OF SEPSIS

KNOW THE RISKS.  
SPOT THE SIGNS.  
ACT FAST.

## Parents and Caregivers: *Get Ahead of Sepsis*

As you get ready to send your child to *[customize: camp, sports activity, extracurriculars]*, make sure you've taken steps to prevent infections and get ahead of sepsis. Sepsis is a life-threatening medical emergency that occurs when the body has an extreme response to an infection. It can lead to tissue damage, organ failure, and even death if not treated promptly.

As parents, we can help reduce the risk of sepsis for our children while they're *[customize: at camp, participating in sports activities, enjoying extracurriculars]*. Here are some tips:

- 1. Prevent infections.** Make sure your child is up to date on vaccinations. If your child has a weakened immune system or chronic conditions, check with staff or volunteers to see if they are equipped to provide proper care. Talk with your child's healthcare professional to make sure their chronic conditions are well-managed, and that they will be safe while enjoying extracurricular activities.
- 2. Encourage good hygiene.** Remind your child to wash their hands regularly and keep cuts and wounds clean and covered until healed. If your child develops [an infection](#) or illness, stay in close communication with staff or volunteers about how the infection is progressing until it is healed.
- 3. Know the signs and symptoms of sepsis.** A child with sepsis might have one or more of the following signs or symptoms:
  - Clammy or sweaty skin
  - Confusion or disorientation
  - Extreme pain or discomfort
  - Fever, shivering, or feeling very cold
  - High heart rate or weak pulse
  - Shortness of breath

If your child gets an infection, share these signs and symptoms with staff or volunteers. Make sure they know a healthcare professional needs to provide an urgent medical assessment to diagnose sepsis if the child is experiencing any of the signs or symptoms of sepsis.

- 4. Act fast.** If your child's infection isn't getting better or is getting worse, seek medical care immediately. Ask a healthcare professional, "Could this infection be leading to sepsis?" and if the child should go to the emergency room. Healthcare professionals should immediately evaluate and treat people who might have sepsis.

By understanding the signs and symptoms of sepsis and taking preventive measures, you can ensure your child has a safe and enjoyable time during all of their activities. Let's work together with staff and volunteers to create an environment where all kids can thrive and stay healthy.

