



**East Midlands Regional
Sepsis Group**



**This easy read
booklet tells you
about:**



**What to do after being
treated for an
infection**



This leaflet tells you what to do when you have an infection.



The hospital staff have talked about your illness and we think you are well enough to go home to finish getting better.



We think you will carry on getting better at home without any further problems.



Important: there is a small risk that the infection could become much worse and becomes something called '**sepsis**'.





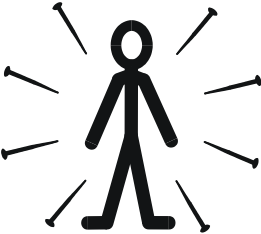
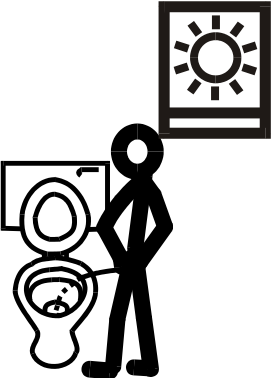
When sepsis starts it can make you feel like you have the 'flu'.



If you become more and more unwell over the next few days or have any of the symptoms on the following page...

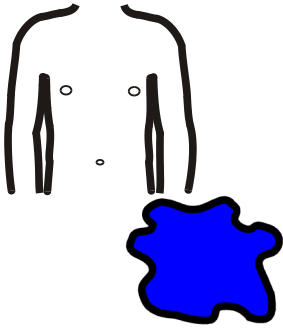


You **MUST** call **999** and tell them "**I could have sepsis.**"

	What to look out for:
	Confusion, not knowing where you are, getting things muddled up or not knowing who people you know are.
	Extreme shivering or severe muscle pain.
	<u>Not</u> had a wee (passed urine) in the last 18 hours or for a whole day.



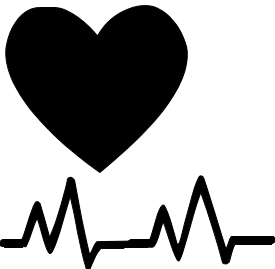
Feeling you are very ill and thinking 'I know something is very wrong with me'



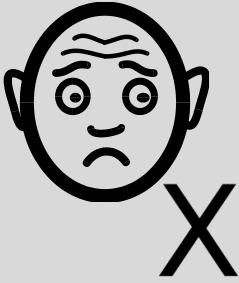
Skin that is mottled, bluish or very pale



Dizziness that makes you faint or fall down



Heart beat that is very fast



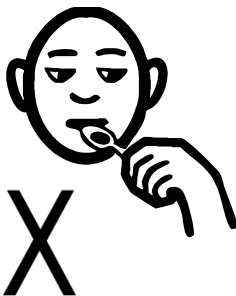
**Things you do not
have to worry about
unless it carries on
for a long time:**



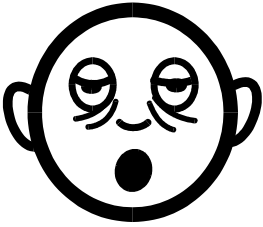
Mild headache.



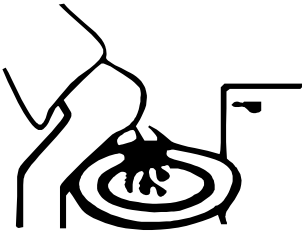
Feeling sick (without
vomiting.)



Not feeling hungry or not
wanting to eat.



Tiredness, feeling sleepy.



Mild diarrhea.



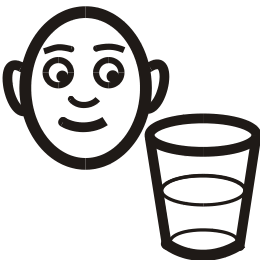
If you carry on feeling any of these symptoms after a few days or if you are worried contact your GP or NHS 111 service..



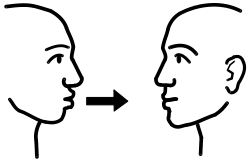
Things to do that will help you get better:



Get plenty of rest and sleep.



Drink plenty of fluid, such as water, juice, tea (unless you have been told not to.)



Do the things you have been told to do by your healthcare team about your infection.



If you have been sent home from hospital with antibiotics collect them before you leave. Try to take the first dose within 4 hours. Take them at the times it says on the label until they have taken all of them. Carry on taking them even if you feel better.



Contact your GP or NHS 111 if you feel the antibiotics are making you ill (side effects.)



What you should do to help stop the spread of infections:



You and your family should wash your hands well before eating and after every time you go to the toilet.



Think about having vaccinations for you and your family when they are offered because they can help stop infection.



Further Information:

Further information can be found at:

[NHS Choices](#)

www.sepsistrust.org

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This leaflet was developed with kind permission from a similar leaflet from Notting-

