

You probably have a  
**self-limiting infection.**

**Sepsis** is a rare but serious condition that can look just like self-limiting infections such as flu, gastroenteritis or chest infections.

See your GP immediately if you develop any one of the following:

**Slurred speech**  
**Extremely painful muscles**  
**Passing no urine (in a day)**  
**Severe breathlessness**  
**“I feel like I might die”**  
**Skin mottled or discoloured**

## Notes for GPs:

Sepsis is when the body's response to infection injures its own tissues and organs. It leads to shock, multi-organ failure and death if it is not treated promptly in hospital.

**Sepsis is difficult to diagnose and easy to miss.**

Consider a diagnosis of sepsis if a patient has **two or more** of the following signs:

Temp. above 38.3 or below 36  
Heart rate above 90  
Systolic blood pressure below 90  
Respiratory rate above 20  
Not passed urine for over 18 hours  
Acutely altered mental state

Visit [sepsistrust.org](http://sepsistrust.org) for more information.