

## FUNDRAISING

To continue providing these vital services, we urgently need your help.

### Could you...

- Fundraise for us – at home, work or school
- Make UKST your next Charity of the Year
- Create a [JustGiving page](#)
- Set up an [Always Remember Fund](#) in tribute
- Leave UKST a gift in your will
- Take part in one of our [Sepsis Savvy Walks](#) or regular [Facebook challenges](#)
- Donate monthly to fund our lifesaving work

Visit our website for more detail:  
[sepsistrust.org/fundraising/](https://sepsistrust.org/fundraising/)

## VOLUNTEERING

Our volunteers range from sepsis survivors to paramedics, from teenagers to pensioners. Volunteers undertake various tasks, from sharing personal stories, to handing out symptom cards; from speaking at local events, to taking part in fundraising challenges.

Learn more about getting involved:  
[sepsistrust.org/volunteer/](https://sepsistrust.org/volunteer/)

## EDUCATION & TRAINING

The more people who know about sepsis, the more deaths can be prevented. Whether you're a small business owner, clinical professional or a concerned individual, please take the time to review our e-learning materials to help you understand, identify and manage sepsis.

Access our resources:  
[sepsis.org/professional-resources/](https://sepsis.org/professional-resources/)

**“If only I'd trusted my instincts. If only I'd known... things might have turned out differently!” Dave, Exeter**

## WHO ARE THE UK SEPSIS TRUST?

The UK Sepsis Trust (UKST) is a charity founded in 2012 by NHS consultant, Dr Ron Daniels BEM. We seek to end preventable deaths, and improve outcomes for sepsis survivors. We work hard to raise public awareness and support anyone affected by this devastating condition.

## WHAT SUPPORT IS AVAILABLE?

Our experienced nurses provide information and support to those who may be:

- Experiencing problems with sepsis recovery
- Supporting a loved one after they leave hospital
- Dealing with a bereavement due to sepsis
- Looking for more information about sepsis

### Support groups

Our face-to-face and online peer support groups offer a welcoming, confidential environment to meet others affected by this condition, and can provide emotional assistance and practical help.

### Legal advice

If you or your relative has become critically ill very quickly, you may feel like you haven't received enough information. Review your options around getting legal advice on our website.

Don't struggle alone – to get support from our team call our helpline **0808 800 0029** or visit our website:  
[sepsistrust.org/get-support/](https://sepsistrust.org/get-support/)



**Please support our life-saving work by going to [sepsistrust.org/make-a-donation/](https://sepsistrust.org/make-a-donation/) or call **0800 389 6255****

WOULD YOU KNOW TO...

**JUST ASK**  
“**COULD IT BE SEPSIS?**”

**SEPSIS IS MORE COMMON THAN HEART ATTACKS, BUT IT'S OFTEN TREATABLE IF CAUGHT QUICKLY.**

Better awareness could save thousands of lives every year in the UK.

More than one third of adults would not think to treat sepsis as an emergency, and yet... Every hour, in the UK, five lives are lost to sepsis.

[sepsistrust.org](https://sepsistrust.org)



## WHAT IS SEPSIS?

Sepsis is an emergency condition affecting 245,000 people in the UK each year, claiming 48,000 lives. Commonly known as blood poisoning, sepsis is the immune system's overreaction to an infection or injury.

Without swift medical attention it can cause multiple organ failure and death, but with an early diagnosis it can often be treated with antibiotics – so it's vital to know what to lookout for.

# SEPSIS COULD AFFECT ANY ONE OF US

“On the last day of 2010, we put our daughter Maude, who was two and a half, into her cot to sleep. In the morning on New Year's Day 2011, she had died – she never woke. She died of sepsis.

We had taken her to hospital two days previously and had been sent home because her symptoms seemed harmless. They seemed like any other cold, or flu, or stomach ache.

But now things are gradually changing and people want to make a difference. That's where the hope is for me – that we're talking about it. And you too can play your part, by spreading awareness of this hidden killer, and helping to save thousands of lives.”

**Jason Watkins**, actor,  
BAFTA winner



# WHAT ARE THE SYMPTOMS?

## SYMPTOMS IN CHILDREN

Any child may have sepsis if he or she:

- **Is breathing very fast**
- **Has a 'fit' or convulsion**
- **Looks mottled, bluish, or pale**
- **Has a rash that does not fade when you press it**
- **Is very lethargic or difficult to wake**
- **Feels abnormally cold to touch**

## SYMPTOMS IN ADULTS

Any adult may have sepsis if they show any of these signs:

- **Slurred speech or confusion**
- **Extreme shivering or muscle pain**
- **Passing no urine (in a day)**
- **Severe breathlessness**
- **It feels like you're going to die**
- **Skin mottled or discoloured**

**Call 111** or **contact your GP** if you're worried about an infection.  
**Call 999** or **visit A&E** if someone has one of the sepsis symptoms.

## JUST ASK “COULD IT BE SEPSIS?”

**There's no ONE sign of sepsis and symptoms present differently in adults and children**

**40% of sepsis survivors suffer permanent, life-changing after-effects**

**Just Ask: “Could it be Sepsis?”**

The UK Sepsis Trust registered charity number (England & Wales) 1158843 (Scotland) SC050277.  
Company registration number 8644039. Sepsis Enterprises Ltd. Company number 9583335. Published July 2023.