

# **RAISE THE FLAG**

**Could it be  
Sepsis?**

***I've been  
feeling sleepy.***

***I feel like I'm  
going to die.***

***My skin looks blotchy.***

***I haven't been to  
the toilet in a while.***

***I can't stop shivering.***

***It's hard to breathe.***

If you've noticed these symptoms raise your voice and raise the flag - it could be a serious infection.

**Call 111, tell them what's happening and ask "Could it be Sepsis?"**

## What is sepsis?

Also known as “blood poisoning” - sepsis occurs when your body reacts to an infection in an exaggerated way, causing damage to tissue and vital organs. It’s a life-threatening condition that can lead to serious injury and death.

## What are the signs?

- Sleepiness
- Extreme shivering
- Passing no urine (mimi)
- Severe breathlessness
- It feels like I’m going to die
- Skin blotchy

**Sepsis is a medical emergency.  
Raise your voice, raise the flag,  
and act quickly.**

- Call 111
- Tell them what’s happening
- Ask: “Could it be Sepsis?”



**Sepsis**  
Trust NZ