

Could it be SEPSIS?

What is SEPSIS? Sepsis is a very serious illness. It happens when your body has an infection, and your immune system overreacts, or struggles to fight the infection. This can make your organs (like your heart, lungs, kidneys, or brain) stop working properly. If sepsis is not found and treated quickly, it can be life-threatening.

What causes SEPSIS? Any infection in the body, like a chest infection, a urine infection, a sore or wound, or even a tummy bug, can lead to sepsis. Bacteria causes most cases of sepsis, but it can also be caused by viruses (like flu or COVID-19), and sometimes by fungi or parasites (like malaria).

RED FLAG SIGNS OF SEPSIS:

Use the SEPSIS symptom checker now

Call 999 and seek urgent help

RED FLAGS: If you have one or more of these signs, call 999 immediately. Tell the 999 operator, ambulance crew and hospital staff that you think you might have sepsis

- **Altered mental state:**
New confusion OR delusional OR hallucinations OR severe drowsiness with difficulty saying awake whilst talking OR loss of consciousness OR slurred speech
- **A very fast pulse at rest or palpitations**
(a fluttering or pounding sensation in the chest)
- **Unable to stand due to new illness / collapse / new dizziness, particularly when standing**
- **Severe breathlessness or very fast breathing at rest**
(25 or more breaths per minute)
- **Skin that is very pale, mottled or blue/purple**
(this may be harder to see on darker skin)
- **A rash that doesn't fade when pressed firmly**
- **Recent chemotherapy or radiotherapy with symptoms of an infection**
- **Not passed urine for 18 hours or more**
- **Fever / high temperature, with extreme shivering and/or muscle pain**
- **Feeling extremely unwell like 'I might die'**

Use your phone camera to scan a QR code. Select the link on your phone to read the signs and symptoms of SEPSIS.



Adults



Children



For more information visit:

or call UK SEPSIS Trust: Page 4 of 4

 sepsistrust.org

08088 000029

GENERAL INFORMATION LEAFLET ABOUT YOUR PRESCRIBED MEDICATION ON DISCHARGE



NHS

**Hull University
Teaching Hospitals**
NHS Trust

FURTHER SUPPLIES

When you are discharged from hospital, the hospital pharmacy will ensure you have an appropriate supply of all your medications.

Your GP surgery will ensure your medications records are reviewed and updated.

When you require a further supply of your medications, check what medications you still have at home before re-ordering.

PRECAUTIONS

NEVER share your medications with anyone else, they are prescribed only for YOU.

NEVER take medications from an unlabelled container.

NEVER transfer medications from one container into another.

KEEP medication out of reach and sight of children.

BE AWARE the medicines supplied by your local pharmacy MAY look different from those supplied by the hospital pharmacy.

CAUTION when using ALL skin emollient products. **DO NOT** smoke or go near naked flames or go near anyone smoking or using naked flames. Change clothing and bedding regularly, products dried on them can catch fire easily and is a potential fire hazard.

CAUTION if you are taking a medication that may make you sleepy. If this happens **DO NOT DRIVE** or use tools or machines. It is an offence to drive while under the influence of drugs.

Further information is available at the following website: <https://www.gov.uk/drug-driving-law>

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USEFUL CONTACT NUMBERS

NHS 111

You can call 111 when you need medical help fast, but it is not a 999 emergency. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Tel:111

NHS Website www.nhs.uk

Provides online information and guidance on all aspects of health and healthcare, to help you make decisions about your health. Web:

For Free NHS Quit Smoking Support

Download the NHS 'Quit Smoking App'

Alternatively, you can call the free Smokefree Helpline on 0300 123 4044

The pharmacy opening hours are available on the Trust website

www.hey.nhs.uk/pharmacy/

HOW SHOULD YOUR MEDICINES BE USED?

Take your medicine in the way your doctor has told you to.

Follow the printed instructions on the label carefully. If this is unclear or differs to the way the doctor has told you, contact the pharmacy using the details on the pharmacy label.

Ask your doctor, nurse or pharmacist to explain anything that you do not understand.

Your community pharmacy will be able to give you advice, support and provide a wide range of services after you leave hospital

HOW TO STORE YOUR MEDICINES

Keep medication in the containers they were supplied in.

Please follow any instructions on how to keep your medication which may appear on the label or container e.g. store in the fridge.

Store medication in a dry place, out of direct sunlight and avoid humid/warm conditions e.g. Do not store medicines on top of a fridge.

RE-ADMISSION INTO HOSPITAL

If you need to go back into hospital, remember, if possible, to take an up-to-date list of your current medication along with the medications themselves.

Why is it important to bring these with you?

- If you have your medicines with you, there is a reduced risk of missed or delayed doses.
- You will be able to take your own brand of medicines, that you are familiar with.
- If we know what you are already taking, it will help us to make sure you are prescribed your existing medicines accurately, and to prescribe any new medicines to you safely.
- If your prescription changes while you are in hospital, we will be able to safely dispose of any unwanted medicines with your permission and supply you any new medication prescribed.

DISPOSAL AND RECYCLING OF MEDICINES

PLEASE take unused, out of date or changed medications, including controlled drugs and unused injectables, to your local community pharmacy for safe disposal. Contact your local council to arrange collection of sharps bins and other clinical/hazardous waste. Cancer treatments/chemotherapy tablets/capsules/injections should be returned to the hospital pharmacy where they were dispensed or to your local community pharmacy

NEVER dispose of your unused or unwanted medicines down the sink, toilet or in a domestic waste bin.

Different Recycling Schemes:

- Complete the Cycle - Available in many local pharmacies and GP surgeries, this is the first national recycling and recovery scheme for respiratory inhalers.
- Boots Recycling Scheme - The scheme supports *blister pack disposal* through specialised recycling bins in over 700 UK stores. Customers can contribute to sustainability and earn Advantage Card points by participating.