Understanding Sepsis

Sepsis is a serious complication where the body's response to an infection is so intense that it also damages healthy tissue.

**Symptoms:**
- Fever
- Chills
- Rapid heartbeat
- Shortness of breath
- Mental changes

**Causes:**
- Bacterial infections
- Viral infections
- Fungal infections

**Risk Factors:**
- Diabetes
- Chronic lung disease
- COPD
- Heart disease

**Treatment:**
- Antibiotics if infection
- Fluids
- Oxygen
- Medications to lower blood pressure or to control bleeding

**Prevention:**
- Good hand hygiene
- Get vaccinated

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**Words from the Text:**
- Bundle
- Vasopressors
- Abdominal pain
- Hypotension
- Antibiotics
- Severe infection
- Hypertension
- Organ dysfunction
- Fluid bolus
- Lactate
- Bands
- Tobacco use
- Diabetes
- SIRS

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