



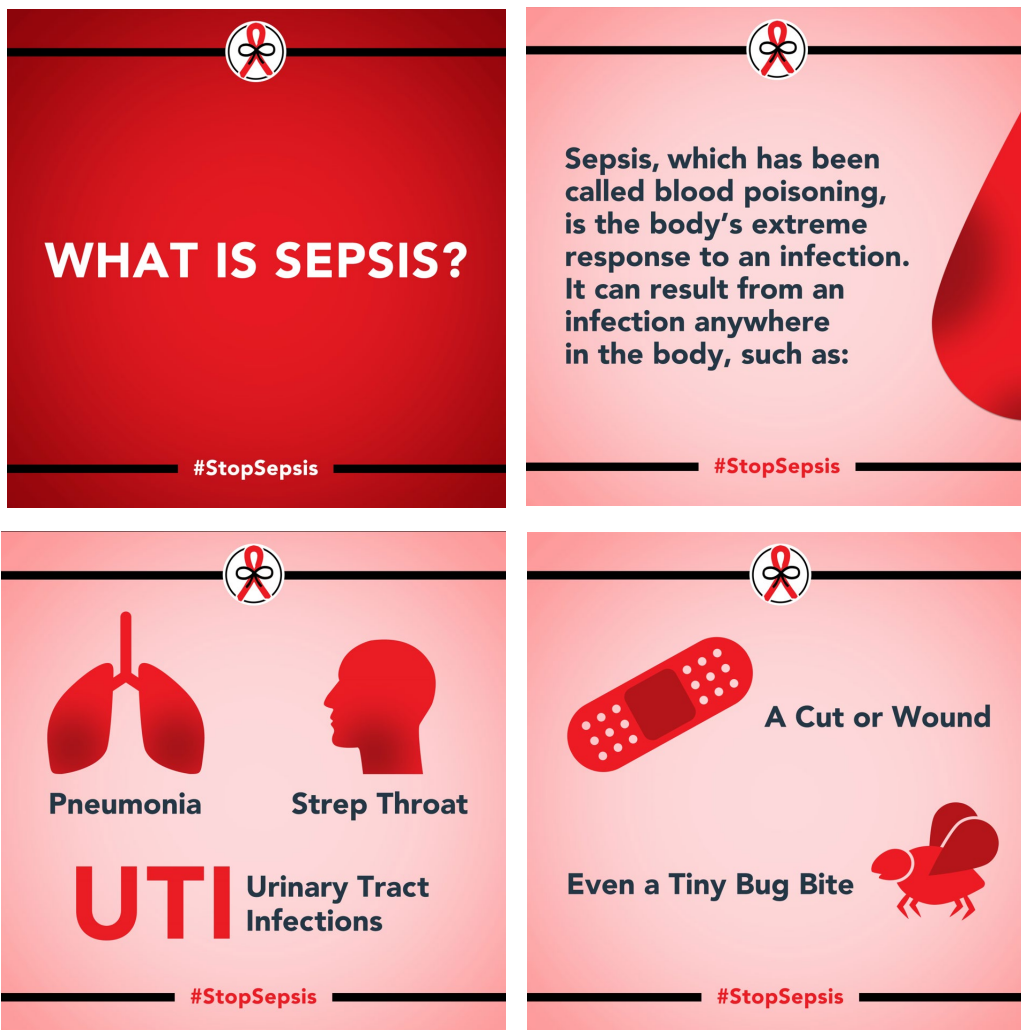
THA Sepsis Awareness Month 2023 | Social Media Toolkit

Sepsis Explained

1. Copy: What is sepsis? Sepsis, which has been called blood poisoning, is the body's extreme response to an infection. It can result from an infection anywhere in the body, such as:

- Pneumonia
- Urinary tract infections
- Strep throat
- A cut or wound
- Even something as tiny as a bug bite

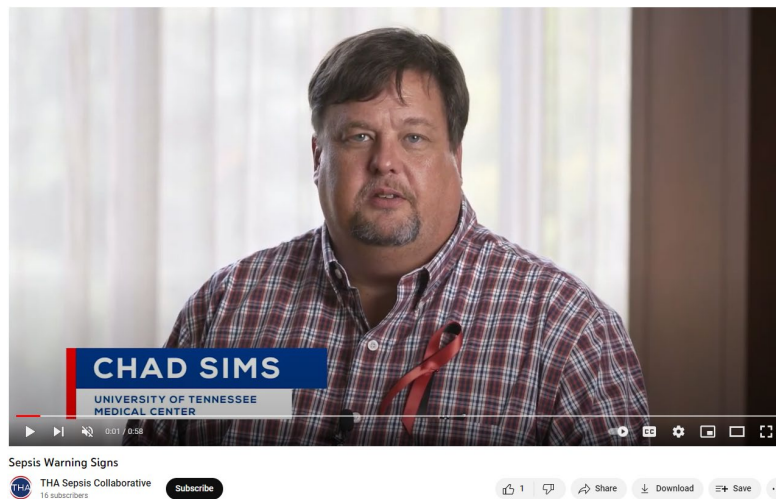
Content: 4-part graphic series



2. Copy: What are the warning signs of sepsis? Seek help immediately if you or a loved one are experiencing any of the following symptoms:

- High heart rate
- Fever, shakes, feeling very cold
- Confusion or disorientation
- Shortness of breath
- Extreme pain
- Clammy, sweaty skin

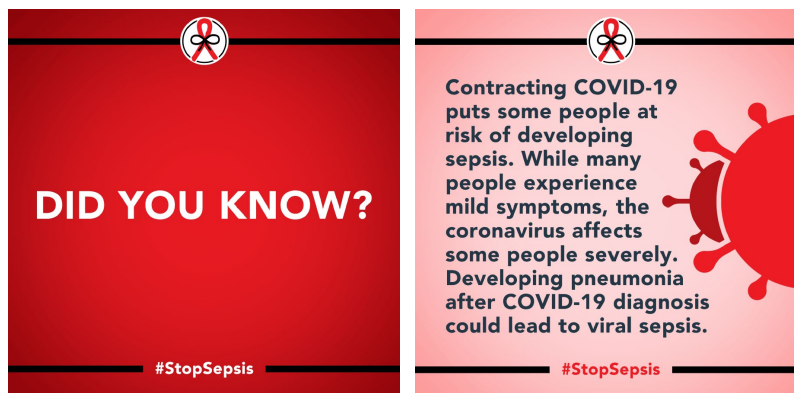
Content: Link to [Sepsis Warning Signs](#) video.



Sepsis Facts

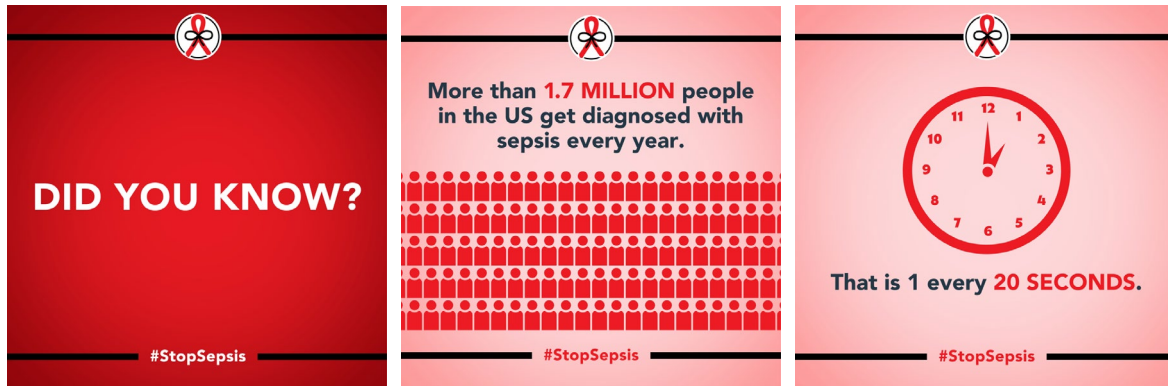
3. Copy: Did you know? Contracting COVID-19 puts some people at risk of developing sepsis. While many people experience mild symptoms, the coronavirus affects some people severely. Developing pneumonia after COVID-19 diagnosis could lead to viral sepsis. #StopSepsis

Content: 2-part graphic series



4. Copy: More than 1.7 million people in the U.S. get diagnosed with sepsis every year. That is 1 every 20 seconds. #StopSepsis

Content: 3-part graphic series



STOP Sepsis

5. Copy: The employees at our hospital are dedicated to stopping sepsis. Learn more about sepsis at sepsis.org. *(change to your website if you have information!)* #StopSepsis

Content: Share photos of hospital staff holding #StopSepsis signs!

[Download here.](#)



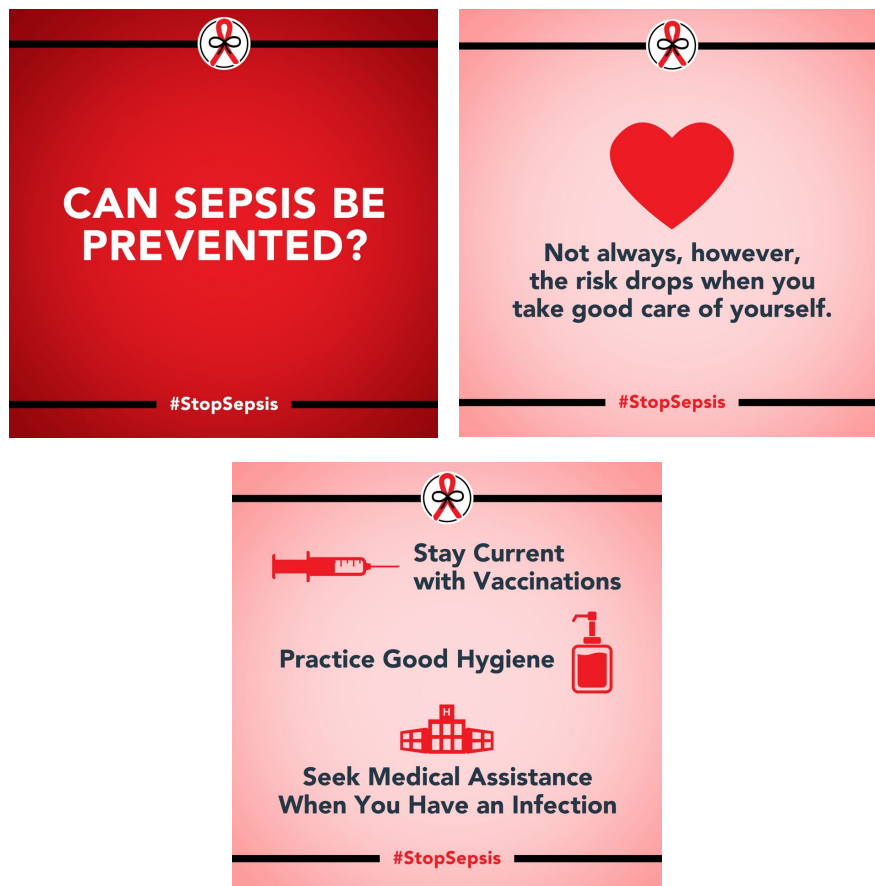
6. Copy: Don't delay! If you suspect sepsis, call 911 or go to a hospital and say, "I am concerned about sepsis."

Content: 3-part graphic series



7. Copy: Can sepsis be prevented? Not always, however, the risk drops when you take good care of yourself. Stay current with vaccinations, practice good hygiene, and seek medical assistance when you have an infection.

Content: 3-part graphic series



Sepsis and Children

8. Copy: Sepsis symptoms can be different for children. They might include:

- Skin abnormally cold to touch
- Bluish, pale skin
- Fever
- Rapid breathing
- Seizures
- Lethargy
- Drop in or no urine output

For infants, symptoms may include not drinking or feeding, repeated vomiting, or a dry diaper.

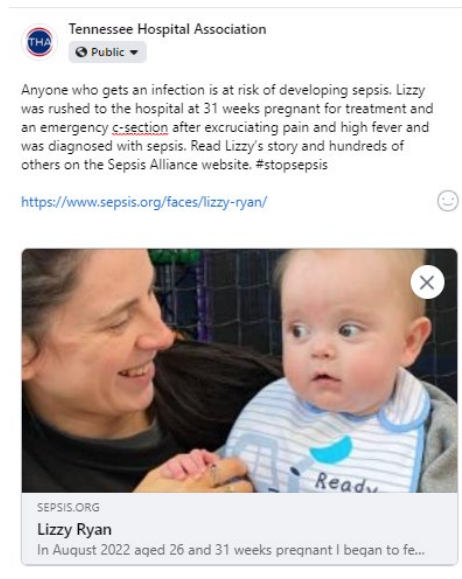
Content: 4-part graphic series



Faces of Sepsis

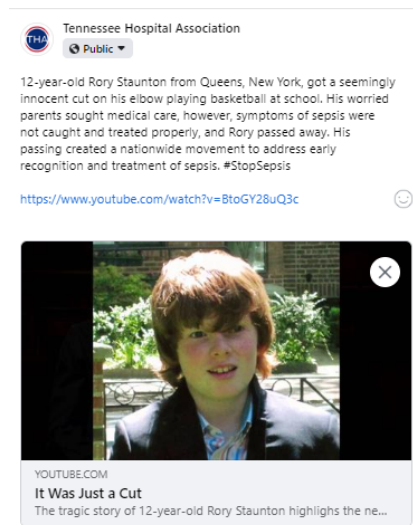
9. Copy: *Anyone* who gets an infection is at risk of developing sepsis. Lizzy was rushed to the hospital at 31 weeks pregnant for treatment and an emergency c-section after excruciating pain and high fever and was diagnosed with sepsis. Read Lizzy's story and hundreds of others on the [Sepsis Alliance website](https://www.sepsis.org/faces/lizzy-ryan/). #StopSepsis

Content: [Link to Lizzy's story](https://www.sepsis.org/faces/lizzy-ryan/).




10. Copy: 12-year-old Rory Staunton from Queens, New York, got a seemingly innocent cut on his elbow playing basketball at school. His worried parents sought medical care, however, symptoms of sepsis were not caught and treated properly, and Rory passed away. His passing created a nationwide movement to address early recognition and treatment of sepsis.

Content: [Link to Rory's story](https://www.youtube.com/watch?v=BtoGY28uQ3c).




11. Copy: As a 15-year-old high school student and athlete, Kora caught something at an area track meet and was sent to and from the doctor's office for weeks without a true solution. After weeks of sickness, Kora went into septic shock and ended up missing the remainder of her school year including track meets and prom. Kara fought for her life and eventually recovered, now excelling professionally, athletically, and personally. [Read Kora's full story at Sepsis Alliance.](#) #StopSepsis

Content: [Link to Kora's story.](#)

 Tennessee Hospital Association

Public

As a 15-year-old high school student and athlete, Kora caught something at an area track meet and was sent to and from the doctor's office for weeks without a true solution. After weeks of sickness, Kora went into septic shock and ended up missing the remainder of her school year including track meets and prom. Kara fought for her life and eventually recovered, now excelling professionally, athletically, and personally. Read Kora's full story at Sepsis Alliance.
#stopsepsis
<https://www.sepsis.org/faces/kora-young/>



SEPSIS.ORG
Kora Young
As a 15-year-old athlete and high school student, you often d...