

Further Information:

Further information can be found at:

[NHS Choices](https://www.nhs.uk/choices)
www.sepsistrust.org

Comment:

Advice Following Treatment of an Infection

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This leaflet aims to give advice to people who have got an infection.

You have been assessed as being well enough today to continue your recovery at home. It is most likely you will continue to get better without any further problems, however there is a small risk that the infection may become more severe and that you develop a response termed **'sepsis'**. In the early stages of sepsis, symptoms can be very similar to those of 'flu'.

If you become increasingly unwell over the next few days or experience any of the following symptoms

we advise you to call 999 and say *"this could be sepsis"*:

- Confusion (not knowing where you are, getting things muddled or not recognising familiar people)
- Extreme shivering or severe muscle pain
- Not passed urine (in 18 hours or a whole day)
- Severe breathlessness
- Feeling 'I know something is badly wrong with me'
- Skin that is mottled, bluish or very pale
- Dizziness that leads to a faint or collapse
- Racing heart beat

Things you needn't worry about unless it continues

- | | |
|------------------|---------------------------------|
| Mild headache | Feeling sick (without vomiting) |
| Lack of appetite | Dizziness (if occasional) |
| Tiredness | Problems sleeping |
| Mild diarrhoea | |

If these mild symptoms continue after a few days or you feel concerned contact your GP or NHS 111 service.

Things that will help you get better

- Get plenty of rest and sleep
- Drink plenty of fluid, such as water, juice, tea etc. (unless you have been advised otherwise)
- Follow any instructions provided by your healthcare team related to your infection
- If you have been discharged on antibiotics collect them within the same day and ideally take the first dose within 4 hours. Continue taking them until the course is completed, do not stop the course early even if you feel better. Contact your GP or NHS 111 if you experience side effects to the antibiotic.

Basic advice to prevent spread of infection

- You and your family should wash your hands thoroughly prior to eating and after any visit to the toilet.
- Consider vaccinations for you and your family as offered because they do protect against infection.