

Pegasus Health

Sepsis Awareness Day 13 September 2023

Pegasus Health is a charitable organisation which supports primary health in Canterbury. Our purpose is that *'all people in Canterbury lead healthy lives'* and our role is *'together making Canterbury the best place to receive and provide primary care'*.

Sepsis is the number one cause of death in hospitals globally and New Zealand has more than 10,000 cases of sepsis annually and more than 1600 deaths as a result. The Pegasus Nursing Education team is raising awareness on the signs and symptoms of sepsis as part of sepsis awareness day 2023.



Objectives:

1. To raise awareness and educate the community of what sepsis is and the signs.
2. To educate clinical staff on the signs and symptoms of sepsis

Sepsis Awareness Day 13 September 2023

The following items are provided to assist the 'Sepsis Awareness Day' messaging. Please feel free to use these resources in your community and on your channels.

Our pack includes:

- Social media tiles and suggested messaging
- Posters
- Screensaver
- Fact Sheet

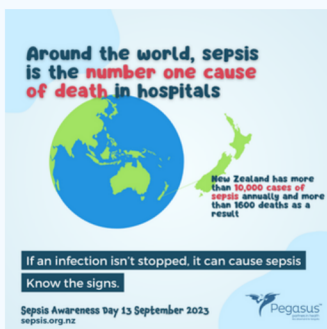
Social Media

Below is a guide on how to share the messaging on your channels. Make sure to use the hashtag **#sepsisawarenessday2023** when you post so we can see the action and others can follow the conversation.



Action Messaging 1

Today is sepsis awareness day!
 New Zealand has more than 10,000 cases of sepsis annually and more than 1600 deaths as a result.
 Seek medical help urgently if you develop any of the following symptoms.
 #sepsisawarenessday2023



Action Messaging 2

Today is sepsis awareness day!
 Here are the symptoms to watch out for. Seek urgent medical help if you develop any of the following:

- Slurred speech or confusion, or difficult to wake
- Extreme shivering or muscle pain
- Passing no urine for a day
- Severe breathlessness or breathing very fast
- It feels like you are going to die
- Skin mottled, bluish, or pale or feels abnormally cold to touch

#sepsisawarenessday2023

Action Messaging 3

Sepsis (Also known as septicaemia or blood poisoning (mate whakatāoke))
 Many people have heard of “blood poisoning” (mate whakatāoke) or “septicaemia” but sepsis is now the accepted term for this illness. It happens when an infection you already have – in your skin, lungs, urinary tract (pee/ mimi), or somewhere else – triggers a chain reaction throughout your body.

Posters

We have provided posters for the public for your waiting rooms, and for staff to put in your staff room and working areas.

Public:



Staff:

