

Sharing your information

Your information will only be disclosed to those who have a genuine need to know and who agree to keep your information confidential. For your direct care we often share information with:

- NHS hospitals and clinics
- GPs
- Social care

Following the principles within the General Data Protection Regulation (GDPR), MCH processes your data for purposes of:

- provision of health or social care or treatment
- medical diagnosis
- preventative or occupational medicine
- management of health or social care systems and services, carried out by, or under the supervision of health professional or another person, who in the circumstances owes a duty of confidentiality under an enactment or rule of law

Who to contact

Children's public health nursing

t: 0300 123 3444

MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ

Medch.childrenscommunity@nhs.net

Our privacy notice is available at [medwaycommunityhealthcare.nhs.uk/privacy/](https://www.medwaycommunityhealthcare.nhs.uk/privacy/)

If you would like to view or request a copy of your patient record, please email medch.dataprotection@nhs.net or call 01634 334640. In most instances this service is free and we aim to provide the requested information within 30 days. More information can be found by visiting: [medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/](https://www.medwaycommunityhealthcare.nhs.uk/contact-us/information-about-me/)

Medway Community Healthcare provides a wide range of high quality community health services for Medway residents; from community nurses and health visitors to speech and language therapists and out of hours urgent care.

Customer care

Please send any comments about Medway Community Healthcare services to: -

Customer Care Team, Care Coordination Centre, MCH House, Bailey Drive, Gillingham, Kent, ME8 0PZ

t: 0300 123 3444

t: 0300 123 3444

medch.customercare@nhs.net

All contact will be treated confidentially. This information can be made available in other formats and languages. Please email medch.communications@nhs.net

Ref: MCH 522



Think Sepsis

A guide for parents and care givers



Medway Community Healthcare CIC providing services on behalf of the NHS
Registered office: MCH House, Bailey Drive, Gillingham, Kent ME8 0PZ
Tel: 01634 337593
Registered in England and Wales, Company number: 07275637



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What is Sepsis?

Sepsis is a rare but serious complication of an infection. Sepsis can strike anyone, at any age.

Sepsis was formally known as blood poisoning or septicaemia. It is the body's reaction to an infection which leads to your body attacking its own organs and tissues. It can develop from any kind of infection, including ear and throat infections, wounds / insect bites.

Sepsis is a medical emergency

In the early stages, Sepsis can appear as flu like symptoms. If Sepsis is not spotted early enough it can very rapidly lead to shock, multiple organ failure and death.

We recommend that all parents and care givers familiarise themselves with the symptoms of Sepsis. Early identification and treatment can save lives. Do not be afraid to seek medical advice if you are concerned.

Go straight to A&E or dial **999** if your child has the following symptoms

The following symptoms may be a sign of Sepsis:

Temperature

- temperature over 38 degrees in babies under three months
- temperature over 39 degrees in babies aged three to six months
- any high temperature in a child who is not showing interest in anything
- low temperature below 36 degrees

Breathing

- finding it much harder to breathe than normal
- making grunting noises with every breath
- for older children who normally talk, cannot say more than a few words at once
- breathing that obviously pauses

Nappies / toilet

- has not had a wet nappy or wee for 12 hours
- eating and drinking
- baby under one month showing no interest in feeding
- not wanting to drink for more than eight hours when awake
- green (bile stained), blood or black in vomit / sick

Activity and body

- soft spot (fontanelle) on baby's head is bulging
- eyes look sunken
- baby or child is not interested in anything
- baby is floppy
- weak, 'whining' or continuous crying in a younger child
- older child who is confused
- not responding or is very irritable
- stiff neck, especially when trying to look up or down

If your child has any of these symptoms, or if their symptoms are worsening. Or your child is sicker than you would expect (even if their temperature falls) seek medical advice urgently from NHS **111**.