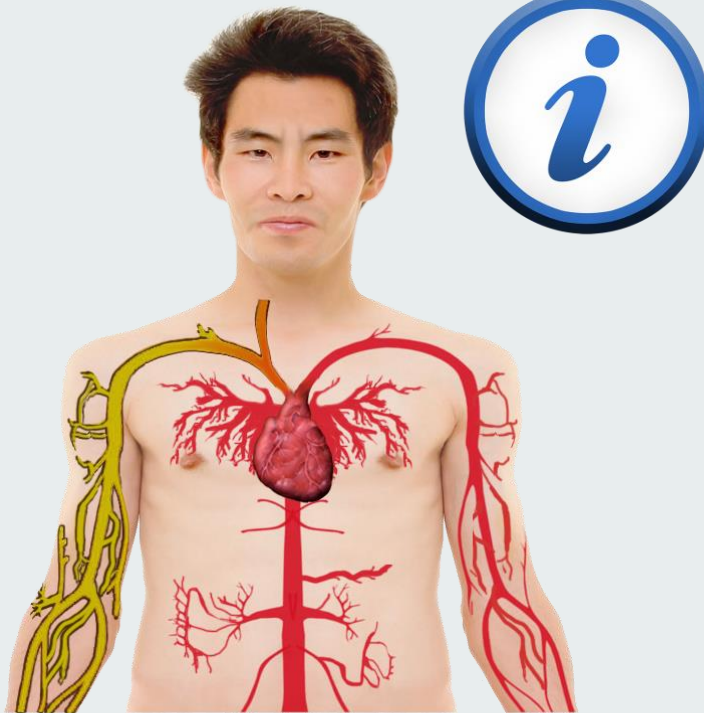




After you've had sepsis

An easy read guide





After you've had sepsis you might not feel as well as you normally do for a long time.



There may also be changes to your body, like losing a body part.



Feeling unwell can last for a few months or a few years. When this happens it is sometimes called **post-sepsis syndrome**.



These are some signs of post-sepsis syndrome:

- Feeling tired or weak.



- Finding it hard to get to sleep.



- Not feeling hungry.



- Getting poorly more often.



- Changes in your mood, like feeling sad or worried.



- Nightmares or flashbacks.



- Peeing more.

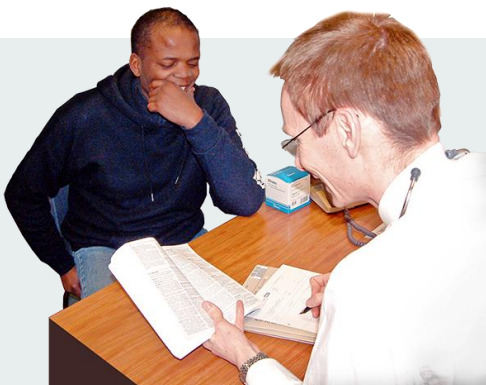


- When something very frightening has happened, you sometimes carry on feeling very anxious afterwards.

This is called **post-traumatic stress disorder (PTSD)**.



Most of these things will get better by themselves over time.



If you're worried you're not getting better, talk to your doctor.