

#fly2fightsepsis

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signature

why I fly

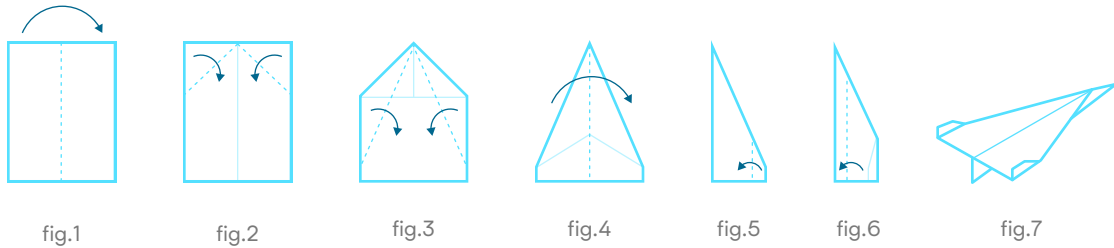


fly to fight sepsis



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## 1. folding instructions



- Place your paper airplane print side down
- Fold the paper in half lengthwise ( fig.1 )
- Unfold and then fold the corners into the center line ( fig.2 )
- Fold the top diagonal edges to the center ( fig.3 )
- Fold the plane in half ( fig.4 )
- Fold wingtips down along the color line ( fig.5 )
- Fold the wings down to meet top edge of line on plane's spine ( fig.6 )
- Make wings flat and wing tips parallel to plane's spine ( fig.7 )

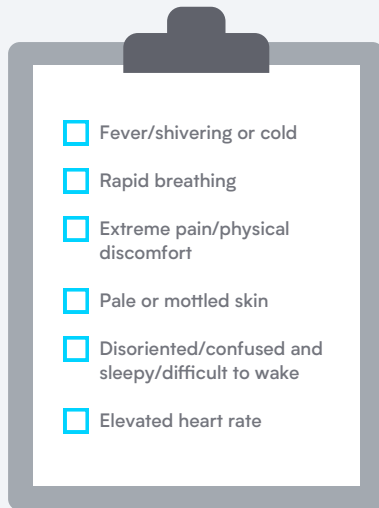
## 2. get ready to fly to fight sepsis!

Create a 15–30 second video of you flying your paper airplane. Post your video on social media with the hashtag **#fly2fightsepsis**.

Share it with family, friends, colleagues, teachers and policymakers!

## Signs

Sepsis is preventable and treatable. It is important to know the signs of sepsis.



## What do I do?

1

Sepsis is a medical emergency.

Call your doctor or go to the emergency room immediately if you have any signs or symptoms of sepsis.

2

Make sure you ask your nurse or doctor, "Could this be sepsis?"

Sepsis is a common complication of people hospitalized for other reasons, including minor outpatient surgeries. If you are continuing to feel worse or not getting better in the days after surgery, ask your doctor about the possibility of sepsis.

## How can I prevent it?

Sepsis is not completely preventable but you can reduce the likelihood of developing sepsis by:



Getting vaccinated



Cleaning wounds, even minor ones such as scrapes and blisters



Washing hands regularly



If you have an infection, remaining alert for the signs of sepsis

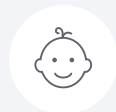
## Who is more at risk?

Sepsis does not discriminate. It affects young and old, rich and poor, sick and healthy. Anyone can get sepsis at any time as a bad outcome from an infection.

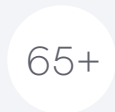
Those at higher risk of developing sepsis include:



People with weakened immune systems



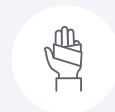
Babies and very young children



Elderly people



People with chronic illnesses



People suffering from a burn or wound

Source: [www.cdc.gov/sepsis/](http://www.cdc.gov/sepsis/)