



# WHAT IS SEPSIS?

**A COMMUNITY CLASS TO HELP YOU  
LEARN ABOUT A COMMON INFECTION**

## CLASS DETAILS

Tuesday, September 9, 2025

5:00pm - 6:00pm

At Redington-Fairview General Hospital  
In Conference Room 1

**A meal will be provided for free.**

**Registration deadline is  
September 1, 2025.**

## INSTRUCTOR

Jessica LaChance, RN, BSN  
*Inpatient Clinical Nurse Educator*

## PARTICIPANTS WILL LEARN ABOUT:

- Risk factors for sepsis
- 3 common sources of infection that can lead to sepsis
- Signs and symptoms of sepsis
- How you can prevent sepsis
- How to know when you should go to the Emergency Department
- What resources are out there for people with sepsis

**To sign up, please contact Brittney Dunphy at:**

 (207) 858-2318  [bdunphy@rfgh.net](mailto:bdunphy@rfgh.net)