

Signs of infection and sepsis at home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection. If you think you have sepsis, act NOW!



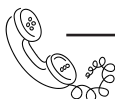
Green Zone

No signs of infection.



Yellow Zone

Take action today. Call your doctor or nurse:



Red Zone

Take action now! Call or see your doctor now!



| | | | |
|--|---|---|---|
| Do I have a fever? | No fever in the past 24 hours and not taking medicine for a fever | Fever between 100 °F to 101.4 °F | Fever is 101.5 °F or greater |
| Do I feel cold? | I don't feel cold | <ul style="list-style-type: none"> I feel cold and can't get warm I'm shivering | <ul style="list-style-type: none"> Temperature is below 96.8 °F Teeth are chattering Skin or nails are pale |
| How is my energy? | My energy level is as usual | I'm too tired to do most of my usual activities | I'm too weak to get out of bed |
| How is my thinking? | Thinking is clear | Thinking feels slow or not right | My caregivers tell me I'm not making sense |
| Are there changes in how I feel after a hospitalization, procedure, infection, or change in wound or I.V. site? | <ul style="list-style-type: none"> I feel well I had pneumonia, a urinary tract infection (UTI) or another infection I had a wound or I.V. site. It's healing. | <ul style="list-style-type: none"> I don't feel well I have a bad cough My wound or I.V. site looks different I haven't urinated (peed) for 5 or more hours. Urine (pee) burns, is cloudy, dark or smelly. | <ul style="list-style-type: none"> I feel very sick My wound or I.V. site is painful, red, smells or has pus I haven't urinated (peed) for 6 or more hours. Urine (pee) is very dark. |
| Do I need to call 911 or go to the Emergency Room? | I don't need to call 911 or my doctor: <ul style="list-style-type: none"> My heartbeat is as usual Breathing is normal for me No fever in the past 24 hours | I don't need to call 911 but call my doctor if: <ul style="list-style-type: none"> Heartbeat is faster than usual Breathing is more difficult and faster than usual Home blood pressure is 20 points (top number) lower than usual | Call 911 if: <ul style="list-style-type: none"> Heartbeat is very fast Breathing is very fast Home blood pressure is 40 points (top number) lower than usual Fever of 103.5 °F or greater My skin or nails are blue |

My plan for preventing infection at home

Things I can do to prevent infection:

- Wash my hands often, using soap and water, especially after touching door knobs
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK.
- Get recommended vaccines (shots) like flu and pneumonia
- Eat healthy foods and drink water
- If just discharged from the hospital, replace your toothbrush now. Brush your teeth twice a day and replace your toothbrush at least every 3 months.
- Keep my wounds or I.V. site clean
- Have a plan for getting help when I'm in the yellow zone

Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor "I'm concerned about sepsis."

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.