

# Signs of infection and sepsis at home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.



## Green Zone

No signs of infection.



## Yellow Zone

Take action today.



## Red Zone

Take action now!

Call: \_\_\_\_\_

Call: \_\_\_\_\_

<p><b>Are there changes in my heartbeat or breathing?</b></p>	<ul style="list-style-type: none"> <li>• My heartbeat is as usual.</li> <li>• Breathing is normal for me.</li> </ul>	<ul style="list-style-type: none"> <li>• Heartbeat is faster than usual.</li> <li>• Breathing is a bit more difficult and faster than usual.</li> </ul>	<ul style="list-style-type: none"> <li>• Heartbeat is very fast.</li> <li>• Breathing is very fast.</li> </ul>
<p><b>Do I have a fever?</b></p>	<p>I have not had a fever in the past 24 hours and I am not taking medicine for a fever.</p>	<p>Fever between 100°F to 101.4°F.</p>	<p>Fever is 101.5°F or greater.</p>
<p><b>Do I feel cold?</b></p>	<p>I do not feel cold.</p>	<ul style="list-style-type: none"> <li>• I feel cold and cannot get warm</li> <li>• I am shivering or my teeth are chattering.</li> </ul>	<ul style="list-style-type: none"> <li>• Temperature is below 96.8°F.</li> <li>• Skin or fingernails are pale or blue.</li> </ul>
<p><b>How is my energy?</b></p>	<p>My energy level is as usual.</p>	<p>I am too tired to do most of my usual activities.</p>	<ul style="list-style-type: none"> <li>• I am very tired.</li> <li>• I cannot do any of my usual activities.</li> </ul>
<p><b>How is my thinking?</b></p>	<p>Thinking is clear.</p>	<p>Thinking feels slow or not right.</p>	<p>My caregivers tell me I am not making sense.</p>
<p><b>Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?</b></p>	<ul style="list-style-type: none"> <li>• I feel well.</li> <li>• I had pneumonia, a urinary tract infection (UTI) or another infection.</li> <li>• I had a wound or IV site. It is healing.</li> </ul>	<ul style="list-style-type: none"> <li>• I do not feel well.</li> <li>• I have a bad cough.</li> <li>• My wound or IV site looks different.</li> <li>• I have not urinated (peed) for 5 or more hours. When I do urinate (pee), it burns, is cloudy or smells bad.</li> </ul>	<ul style="list-style-type: none"> <li>• I feel sick.</li> <li>• My wound or IV site is painful, red, smells or has pus.</li> </ul>

# 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, whooping cough and pneumonia
- Eat healthy foods and drink water
- Keep my wounds or IV site clean
- Have a plan for getting help when I am 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 am 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.*

Developed by the Sutter Center for Integrated Care, 2016.