

# 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!



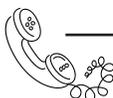
Green Zone

No signs of infection.



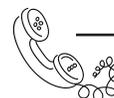
Yellow Zone

Take action today. Call your doctor or nurse:



Red Zone

Take action now! Call or see your doctor now!



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