

My Plan to Identify Infection and/or Sepsis

Name _____ Date _____

Do not smoke; avoid secondhand smoke.

Brush your teeth two times daily to decrease oral bacteria.

Green Zone: No Signs of Infection (all below)

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ Any wound or IV site I have is healing well.



Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Continue to take my medicine as ordered, especially if I'm recovering from an infection or illness.
- ✓ Keep my doctor and other appointments.
- ✓ Follow instructions if I'm caring for a wound or IV site.
- ✓ Wash my hands and avoid anyone who is ill.

Yellow Zone: Caution (any below)

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I'm coughing.
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ I feel cold and am shivering—I can't get warm.
- ✓ My thinking is slow—my head is "fuzzy."
- ✓ I don't feel well—I'm too tired to do things.
- ✓ I haven't urinated in 5 hours or it's painful or burning when I do.
- ✓ Any wound or IV site I have looks different.



Yellow Means I Should:

- ✓ Contact my doctor, especially if I've recently been ill or had surgery.
- ✓ Ask if I might have an infection or sepsis.

Doctor Contact:

Doctor: _____

Phone: _____

Red Zone: Medical Alert! (any below)

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ I have changes in the color of my skin, nail beds, or my lips are gray or blue.
- ✓ People say I'm not making sense.
- ✓ My wound or IV site is painful, red, smells, or has pus.



Red Means I Must:

- ✓ **Act fast ... Sepsis is serious!**
- ✓ **Call 9-1-1 and say, "I need to be evaluated immediately. I'm concerned about sepsis."**

Centers for Disease Control and Prevention. Sepsis. Basic Information. How Can I Get Ahead of Sepsis? Available at: <https://www.cdc.gov/sepsis/basic/index.html>. Accessed on November 20, 2020.

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