# My Plan to Identify Infection and/or Sepsis

**Name** _____________________________________________________  **Date** _______________________________

## Green Zone: No Signs of Infection

- 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

- 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.

**Physician Contact:**

- **Doctor:** _________________________________________
- **Phone:** _________________________________________

## Red Zone: Medical Alert!

- 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.
- My fingernails are pale 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.”

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