



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 sign of infection.	Yellow Zone Take action today.	Red Zone Take action NOW!
Are there changes in my heartbeat or breathing?	My heartbeat is as usual. Breathing is normal for me.	Heartbeat is faster than usual. Breathing is a bit more difficult and faster than usual.	Heartbeat is very fast. Breathing is very fast.
Do I have a fever?	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100°F to 101.4°F.	Fever is 105°F or greater.
Do I feel cold?	I do not feel cold.	I feel cold and cannot get warm. I am shivering or my teeth are chattering.	Temperature is below 96.8°F. Skin or fingernails are pale or blue.
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	I am very tired. I cannot do any of my usual activities.
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?	I feel well. I had pneumonia, a urinary tract infection (UTI) or another infection. I had a wound or IV site. It is healing.	I do not feel well. I have a bad cough. My wound or IV site looks different. I have not urinated (peed) for 5 or more hours. When I do urinate (pee), it burns, is cloudy or smells bad.	I feel sick. My wound or IV site is painful, red, smells or has pus.



My Plan for Preventing Infection at Home

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

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

How I will do these things:

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.”

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