

# 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!

<b>Are there changes in my heartbeat or breathing?</b>	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.
<b>Do I have a fever?</b>	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 101.5°F or greater.
<b>Do I feel cold?</b>	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.
<b>How is my energy?</b>	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.
<b>How is my thinking?</b>	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
<b>Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?</b>	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

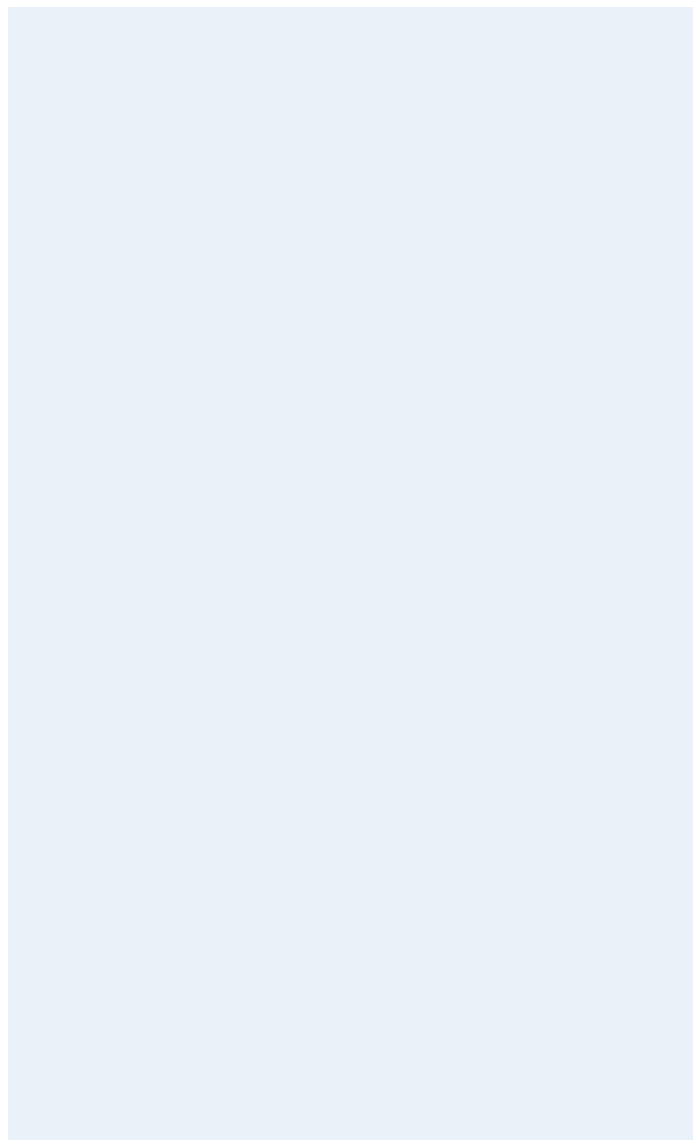
Things I can do to prevent infection:

- Wash my hands often, using soap and water for at least 30 seconds, 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, pneumonia and COVID-19
- 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.**

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