Signs of Infection and Sepsis at Home

	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.	My heartbeat is faster than usual. My breathing is a bit more difficult and faster than usual.	My heartbeat is very fast. My 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.	I have a fever between 100° F and 101.4° F.	My fever is 101.5° For 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.	My temperature is below 96.8° F. My 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?	My thinking is clear.	My 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 my dialysis access?	I feel well. I had pneumonia, a urinary tract infection (UTI) or another infection. My access site looks healthy.	I do not feel well. I feel tired. I have a bad cough. My access site does not look good. It feels sore.	I feel sick. My access site is swollen. There is red skin and pus around the area. I have a fever.

My Plan for Preventing Infections 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 my doctor says it's OK.
- Get recommended vaccines (shots) like those for flu, whooping cough, pneumonia and COVID-19.
- Follow the diet from my doctor and dietitian.
- Keep my access site clean. Wash it before each dialysis treatment.
- 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 the 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."

Work with your care team to set goals and create a plan to stay infection free.			

To file a grievance, patients may contact:

ESRD Network 10 911 E. 86th Street, Suite 30 Indianapolis, IN 46240 Toll-Free Patient Line: (800) 456-6919

ESRD Network 12 2300 Main, Suite 900 Kansas City, MO 64108 Toll-Free Patient Line: (800) 444-9965



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