# Signs of infection and sepsis at home

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

<table>
<thead>
<tr>
<th>Green zone</th>
<th>Yellow zone</th>
<th>Red zone</th>
</tr>
</thead>
<tbody>
<tr>
<td>No signs of infection.</td>
<td>Take action today. Call:</td>
<td>Take action now! Call:</td>
</tr>
</tbody>
</table>

### 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 101.5 °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 I.V. site?
- I feel well.
- I had pneumonia, a urinary tract infection (UTI) or another infection.
- I had a wound or I.V. site. It is healing.
- I do not feel well.
- I have a bad cough.
- My wound or I.V. 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 I.V. site is painful, red, smells or has pus.

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### My plan for preventing infection at home

<table>
<thead>
<tr>
<th>Things I can do to prevent infection:</th>
<th>How I will do these things:</th>
</tr>
</thead>
<tbody>
<tr>
<td>☐ Wash my hands often, using soap and water, especially after touching door knobs</td>
<td></td>
</tr>
<tr>
<td>☐ Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it’s OK</td>
<td></td>
</tr>
<tr>
<td>☐ Get recommended vaccines (shots) like flu, whooping cough and pneumonia</td>
<td></td>
</tr>
<tr>
<td>☐ Eat healthy foods and drink water</td>
<td></td>
</tr>
<tr>
<td>☐ Keep my wounds or I.V. site clean</td>
<td></td>
</tr>
<tr>
<td>☐ Have a plan for getting help when I am in the yellow zone</td>
<td></td>
</tr>
</tbody>
</table>

### 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.