

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 signs of infection.



Yellow Zone

Take action today.



Red Zone

Take action now!

Call: _____

Call: _____

Are there changes in my heartbeat or breathing?	<ul style="list-style-type: none"> • My heartbeat is as usual. • Breathing is normal for me. 	<ul style="list-style-type: none"> • Heartbeat is faster than usual. • Breathing is a bit more difficult and faster than usual. 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • I feel cold and cannot get warm. • I am shivering or my teeth are chattering. 	<ul style="list-style-type: none"> • 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.	<ul style="list-style-type: none"> • 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?	<ul style="list-style-type: none"> • I feel well. • I had pneumonia, a urinary tract infection (UTI) or another infection. • I had a wound or IV site. It is healing. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • 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, 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

Look for signs of infection:

- Do a daily check up using this stoplight form.
- If you are able to self-monitoring your blood pressure, watch out for low blood pressure (systolic less than 100mm Hg).
- 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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