

WOUND CARE: Zones for Self-Management

Agency Name: _____ Phone: _____

Patient's Name: _____ Date: _____

Green Zone = All Clear



- No swelling around wound
- No pain at wound site
- Skin around wound is normal color or slightly red
- No odor from wound
- Drainage is straw or pink in color
- Temperature taken by mouth is 98.6° or less

Green Zone Means:

- Your wound is clean and not infected
- Continue with your dressing changes
- Keep your home care nurse appointments
- Keep physician appointments

Yellow Zone = Caution



- Swelling is worse
- Increased pain at wound site, but not constant or excruciating
- Increased redness of skin around the wound
- Slight odor from the wound
- Drainage looks like pus – yellow or green in color
- Temperature taken by mouth is 100.5° or higher

Yellow Zone Means:

- You may have an infection
- Call your home care nurse and/or your physician

Agency phone number: _____

Physician's phone number: _____

Notify your home care nurse if you contact or see your doctor.

Red Zone = Medical Alert



- Swelling around wound is more than an 1/8 of an inch higher than the wound
- Pain at the wound is constant or excruciating
- Skin around wound is bright red
- Strong, foul odor from the wound
- Drainage is soaking through the dressing
- Temperature taken by mouth is 100.5° or higher

Red Zone Means:

CALL YOUR DOCTOR NOW!

Physician number: _____

Notify your home care nurse or case manager if you go to the emergency room or are hospitalized.