

Signs of infection and sepsis at home



Main Line Health®

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection. If you think you have sepsis, act NOW!



Green Zone

No signs of infection.



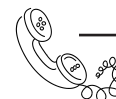
Yellow Zone

Take action today. Call your doctor or nurse:



Red Zone

Take action now! Call or see your doctor now!



Do I have a fever?	No fever in the past 24 hours and 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 don't feel cold	<ul style="list-style-type: none"> I feel cold and can't get warm I'm shivering 	<ul style="list-style-type: none"> Temperature is below 96.8 °F Teeth are chattering Skin or nails are pale
How is my energy?	My energy level is as usual	I'm too tired to do most of my usual activities	I'm too weak to get out of bed
How is my thinking?	Thinking is clear	Thinking feels slow or not right	My caregivers tell me I'm not making sense
Are there changes in how I feel after a hospitalization, procedure, infection, or change in wound or I.V. 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 I.V. site. It's healing. 	<ul style="list-style-type: none"> I don't feel well I have a bad cough My wound or I.V. site looks different I haven't urinated (peed) for 5 or more hours. Urine (pee) burns, is cloudy, dark or smelly. 	<ul style="list-style-type: none"> I feel very sick My wound or I.V. site is painful, red, smells or has pus I haven't urinated (peed) for 6 or more hours. Urine (pee) is very dark.
Do I need to call 911 or go to the Emergency Room?	I don't need to call 911 or my doctor: <ul style="list-style-type: none"> My heartbeat is as usual Breathing is normal for me No fever in the past 24 hours 	I don't need to call 911 but call my doctor if: <ul style="list-style-type: none"> Heartbeat is faster than usual Breathing is more difficult and faster than usual Home blood pressure is 20 points (top number) lower than usual 	Call 911 if: <ul style="list-style-type: none"> Heartbeat is very fast Breathing is very fast Home blood pressure is 40 points (top number) lower than usual Fever of 103.5 °F or greater My skin or nails are blue

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 and pneumonia
- ☐ Eat healthy foods and drink water
- ☐ If just discharged from the hospital, replace your toothbrush now. Brush your teeth twice a day and replace your toothbrush at least every 3 months.
- ☐ Keep my wounds or I.V. site clean
- ☐ Have a plan for getting help when I'm 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'm 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.