




# Signs of Infection and Sepsis at Home

I recently had an infection: \_\_\_\_\_.

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

 <p><b>Green Zone</b></p>	<ul style="list-style-type: none"> <li>• My heartbeat is as usual. Breathing is normal for me</li> <li>• I have not had a fever in the past 24 hours and I am not taking medicine for a fever</li> <li>• I do not feel chilled</li> <li>• My energy level is as usual</li> <li>• My thinking is clear</li> <li>• I feel well</li> <li>• I have taken my antibiotics as prescribed</li> <li>• I have a wound or IV site, it is not painful, red, draining pus or smelling bad</li> </ul>	<p><b>Doing Great!</b></p> <p>No action is needed.</p>
 <p><b>Yellow Zone</b></p>	<ul style="list-style-type: none"> <li>• My heartbeat is faster than usual</li> <li>• My breathing is a bit more difficult and faster than usual</li> <li>• I have a fever between 100°F to 101.4°F</li> <li>• I feel chilled and cannot get warm. I am shivering or my teeth are chattering</li> <li>• I am too tired to do most of my usual activities</li> <li>• I feel confused or not thinking clearly</li> <li>• I do not feel well</li> <li>• I have a bad cough or my cough has changed</li> <li>• How often I urinate has changed. When I do urinate, it burns, is cloudy or smells bad</li> <li>• My wound or IV site has changed</li> </ul>	<p><b>Take action today!</b></p> <p>Call your <b>home health nurse</b>:</p> <p>_____</p> <p>(Phone number)</p> <p>or call your <b>doctor</b>:</p> <p>_____</p> <p>(Phone number)</p>
 <p><b>Red Zone</b></p>	<ul style="list-style-type: none"> <li>• My heartbeat is very fast</li> <li>• My breathing is very fast and more difficult</li> <li>• My temperature is below 96.8°F. My skin or fingernails are pale or blue</li> <li>• My fever is 101.5°F or more</li> <li>• I have not urinated for 5 or more hours</li> <li>• I am very tired. I cannot do any of my usual activities</li> <li>• My caregivers tell me I am not making sense</li> <li>• I feel sick</li> <li>• My cough is much worse</li> <li>• My wound or IV site is painful, red, smells bad or has pus</li> </ul>	<p><b>Take action NOW!</b></p> <p>Call your <b>home health nurse</b>:</p> <p>_____</p> <p>(Phone number)</p> <p>Or call your <b>doctor</b>:</p> <p>_____</p> <p>(Phone number)</p> <p>Call your home health nurse before going to the Hospital Emergency Department</p>

Sources: Sepsis Alliance, [sepsis.org](http://sepsis.org); Centers for Disease Control and Prevention (CDC), [cdc.gov](http://cdc.gov); and atom Alliance, [atomalliance.org](http://atomalliance.org)



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