



## Diagnosed Infection/Sepsis

Every Day	<ul style="list-style-type: none"><li>• Because you have an infection, you are at risk for sepsis.</li><li>• Sepsis is your body's severe response to an infection. It is a life-threatening condition.</li><li>• Watch for fever or feeling chilled, confusion, sleepiness, fast heart rate, fast breathing or shortness of breath, extreme pain, or pale/discolored skin.</li></ul>
Green Zone	<p><b>ALL CLEAR! This zone is your goal. Your symptoms are under control.</b></p> <ul style="list-style-type: none"><li>• No fever or feeling chilled</li><li>• No fast heart rate</li><li>• No confusion or sleepiness</li><li>• Easy breathing</li><li>• No increase in pain</li></ul>
Yellow Zone	<p><b>CAUTION! This zone is a warning!</b></p> <p>Call your home care nurse at _____, or call your doctor at _____.</p> <ul style="list-style-type: none"><li>• Temperature is 101°F (38.3°C) and you feel chilled</li><li>• Redness, swelling, or drainage from any incision sites or wounds</li><li>• Congestion, cough, runny nose, sore throat, or headache along with muscle aches and fatigue</li></ul>
Red Zone	<p><b>EMERGENCY Zone!!</b></p> <p><b>Call 911 or have someone take you to the Emergency Room!</b></p> <ul style="list-style-type: none"><li>• Temperature is 101°F (38.3°C) or greater, or below 96.8°F (36°C), or you have shaking chills</li><li>• Heart rate is greater than 90 beats per minute</li><li>• Respiratory rate is greater than 20 breaths per minute</li><li>• Confusion or a change in mental status</li><li>• Decrease in urine output</li><li>• Shortness of breath or becoming harder to breathe</li><li>• Abdominal pain</li></ul>