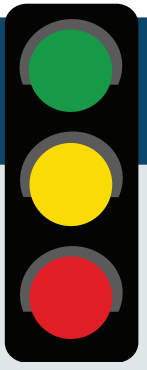


# ZONE TOOL | Sepsis and/or Infection



## GREEN Zone: Great Control

- My heartbeat and breathing feel normal for me.
- I don't have chills or feel cold.
- My energy level is normal.
- I can think clearly.
- Any wound or IV site I have is healing well.

## GREEN Zone Means I Should:



- Watch every day for signs of infection.
- Continue to take my medicine as ordered, especially if I'm recovering from an infection or illness.
- Keep my doctor and other appointments.
- Follow instructions if I'm caring for a wound or IV site.
- Wash my hands and avoid anyone who is ill.

## YELLOW Zone: Caution. Call Your Physician!

- My heartbeat feels faster than usual.
- My breathing is fast, or I'm coughing.
- I have a fever between 100.0°F and 101.4°F. I feel cold and am shivering—I can't get warm. My thinking is slow—my head is "fuzzy."
- I don't feel well—I'm too tired to do things.
- I haven't urinated in 5 hours or it's painful or burning when I do.
- Any wound or IV site I have looks different.

## YELLOW Zone Means I Should:



- Contact my doctor, especially if I've recently been ill or had surgery.
- Ask if I might have an infection or sepsis.

### Physician Contact

Doctor: \_\_\_\_\_

Phone: \_\_\_\_\_

## RED Zone: Medical Alert!

- I feel sick, very tired, weak, and achy.
- My heartbeat or breathing is very fast.
- My temperature is 101.5°F or greater.
- My temperature is below 96.8°F.
- My fingernails are pale or blue.
- People say I'm not making sense.
- My wound or IV site is painful, red, smells, or has pus.

## RED Zone Means I Should:



### Act Fast ... Sepsis is Serious!

**Call 9-1-1** and say, "I need to be evaluated immediately. I'm concerned about sepsis."

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