**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!**
- A hard time breathing
- Unrelieved shortness of breath while sitting still
- Chest pain
- Confusion or can’t think clearly

**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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