

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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