

# How you can identify **Infection** and/or **Sepsis**

## Know your Zone

### Green Zone

#### No Signs of Infection

- My heartbeat and breathing feel normal for me.
- I do not have chills or feel like I have a fever.
- My energy level is normal.
- I can think clearly.
- Any wound, surgical site or IV site is healing well.
- I am urinating normally; my urine is pale yellow and does not have an odor.

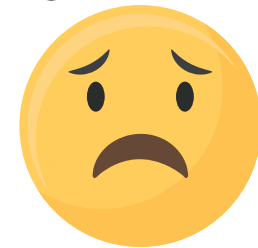


- Watch every day for signs of infection.
- Continue to take my medicine as ordered, especially any antibiotic for infection or illness.
- Keep my doctor appointments.
- Keep my wound, surgical site or IV site clean.
- Wash my hands frequently.

### Yellow Zone

#### Caution

- My heartbeat feels faster than usual.
- My breathing is faster than usual and I'm having some difficulty. I've developed a cough.
- I have a fever between 100° and 101° F.
- I feel cold and I'm shivering- I can't get warm.
- I don't feel well-I'm too tired to do things.
- I haven't urinated as much today and when I do it burns or is painful. My urine is cloudy or has an odor.
- I have a wound that is not healing. It has become red, swollen and painful or has drainage or smells bad.
- My blood sugar has been higher than usual even with the same medications and diet.



- Contact my doctor, especially if I've recently been ill or had surgery.
- Ask if I might have an infection or sepsis.
- If unable to see your doctor go to the nearest Med-Stop and tell them you're concerned for sepsis.

### Red Zone

#### Medical Alert!

- I feel sick and extremely weak.
- I get dizzy when I stand up.
- My heartbeat or breathing is very fast.
- My temperature is higher than 101° F or lower than 96.8° F.
- My temperature is below 96.8.
- My fingernails are pale or blue.
- People say I'm difficult to wake up, I'm confused / not making sense.
- My wound or IV site is painful, red, has an odor, or has pus.
- I have not urinated in 12 hours or longer or urine is very dark.



- Act fast...Sepsis is an emergency!
- Go to the nearest Emergency Room or Call 9-1-1. Tell them "I'm concerned about sepsis."

