



My Plan to Identify Infection and/or Sepsis

Medical Center Name _____ Date _____



Green Zone: No Signs of Infection / Good Day

- ✓ 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.
- ✓ I have a good appetite.
- ✓ I have not had fever in 24 hours.
- ✓ My urine is normal.

Green 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 / Bad Day

- ✓ 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. Urine is dark in color.
- ✓ Any wound or IV site I have looks different.
- ✓ I have a poor appetite.

Yellow Means I Should: Take Action Today

- ✓ Contact my doctor, especially if I've recently been ill or had surgery.

Physician Contact:

Doctor: _____

Phone: _____



Red Zone: Medical Alert! / Very Bad Day

- ✓ 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 thick yellow or green drainage.
- ✓ I cannot do any of my usual activities.
- ✓ I am unable to eat.
- ✓ I do not have an appetite.
- ✓ I am vomiting.
- ✓ I am urinating very little or not at all.

Red Means I Must: Take Action Now

- ✓ **Act fast**
- ✓ **Call 9-1-1**