



# Sepsis Stoplight Tool

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection. Use the information below to keep yourself safe. If you feel like you are getting sick or have questions about sepsis, call your doctor.

| Green: All Clear Zone   |  |  |
|---|--|--|
|    | <ul style="list-style-type: none"> <li>• My heartbeat and breathing feel normal for me.</li> <li>• I don't have chills or feel cold.</li> <li>• My energy level is normal.</li> <li>• I can think clearly.</li> <li>• Any wound or IV site I have is healing well.</li> </ul>  | <p>What it means:</p> <ul style="list-style-type: none"> <li>• You have no signs of infection.</li> <li>• Keep following the instructions your doctor gave you.</li> </ul> |
| Yellow: Warning Zone  |  |  |
|   | <ul style="list-style-type: none"> <li>• My heartbeat feels faster than usual.</li> <li>• My breathing is fast, or I'm coughing.</li> <li>• I have a fever between 100.0°F and 101.4°F.</li> <li>• I feel cold and am shivering; I can't get warm.</li> <li>• My thinking is slow; my head feels fuzzy.</li> <li>• I don't feel well; I'm too tired to do things.</li> <li>• I haven't urinated (peed) in 5 hours or it is painful when I do.</li> <li>• Any wound or IV site I have looks different.</li> </ul> | <p>What it means:</p> <ul style="list-style-type: none"> <li>• You should contact your doctor, especially if you have been sick or had surgery recently.</li> </ul>        |
| Red: Danger Zone  |  |  |
|  | <ul style="list-style-type: none"> <li>• I feel sick, very tired, weak, and achy.</li> <li>• My heartbeat or breathing is very fast.</li> <li>• My temperature is 101.5°F or greater.</li> <li>• My temperature is below 96.8°F.</li> <li>• My fingernails are pale or blue.</li> <li>• People say I'm not making sense.</li> <li>• My wound or IV site is painful, red, smells, or has pus.</li> </ul>  | <p>What it means:</p> <ul style="list-style-type: none"> <li>• You need to call your doctor if you are in this zone.</li> <li>• <b>Call 911 if needed!</b></li> </ul>      |

## How to Help Prevent Infection

- Wash your hands well and often with soap and water or hand sanitizer, especially after touching things like doorknobs and handrails.
- Get any vaccinations your doctor recommends. Vaccinations prevent infections caused by viruses.
- Cuts and scrapes provide a way for bacteria to get into your body. Clean any break in your skin right away and keep it clean as it heals.
- Know the signs and symptoms of infection including:
  - High heart rate
  - Fever, shivering, or feeling very cold
  - Confusion
  - Shortness of breath
  - Extreme pain
  - Clammy or sweaty skin
- If you feel like you are sick, call your doctor or get to a hospital right away!

