

## 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



- 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.

### What it means:

- You have no signs of infection.
- Keep following the instructions your doctor gave you.

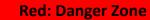
## **Yellow: Warning Zone**



- 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 feels fuzzy.
- I don't feel well; I'm too tired to do things.
- I haven't urinated (peed) in 5 hours or it is painful when I do.
- Any wound or IV site I have looks different.

#### What it means:

 You should contact your doctor, especially if you have been sick or had surgery recently.





- 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 pus.

## What it means:

- You need to call your doctor if you are in this zone.
- Call 911 if needed!



# 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!



