

# Signs of Infection and Sepsis at Home

## Zone Tool

I recently had an infection: \_\_\_\_\_

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.

### Green Zone

- My heartbeat is as usual. Breathing is normal for me
- I have not had a fever in the past 24 hours, and I am not taking medicine for a fever
- I do not feel chilled
- My energy level is as usual
- My thinking is clear
- I feel well
- I have taken my antibiotics as prescribed
- I have a wound or IV site; it is not painful, red, draining pus or smelling bad

#### Doing Great

No action is needed

### Yellow Zone

- My heartbeat is faster than usual
- My breathing is a bit more difficult and faster than usual
- I have a fever between 100°F and 101.4°F
- I feel chilled and cannot get warm. I am shivering or my teeth are chattering
- I am too tired to do most of my usual activities
- I feel confused or am not thinking clearly
- I do not feel well
- I have a bad cough or my cough has changed
- How often I urinate has changed. When I do urinate, it burns, is cloudy or smells bad
- My wound or IV site has changed

#### Take action today

Call your **home health nurse**:

\_\_\_\_\_  
(Phone number)

or call your **doctor**:

\_\_\_\_\_  
(Phone number)

or go to an urgent care center

### Red Zone

- My heartbeat is very fast
- My breathing is very fast and more difficult
- My temperature is below 96.8°F. My skin or fingernails are pale or blue
- My fever is 101.5°F or more
- I have not urinated for 5 or more hours
- I am very tired. I cannot do any of my usual activities
- My caregivers tell me I am not making sense
- I feel sick
- My cough is much worse
- My wound or IV site is painful, red, smells bad or has pus

#### Take action NOW

Call your **home health nurse**:

\_\_\_\_\_  
(Phone number)

or call your **doctor**:

\_\_\_\_\_  
(Phone number)

Call your home health nurse before going to the Hospital Emergency Department

Sources: Sepsis Alliance, sepsis.org; Centers for Disease Control and Prevention (CDC), cdc.gov; and Atom alliance, atomalliance.org.

Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal. Y0089\_MPINFO9186\_C(04/2021)