

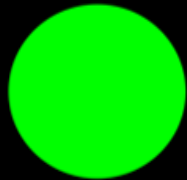


Identify Sepsis



HOUSTON HEALTHCARE

GREEN ZONE: No Signs of Infection

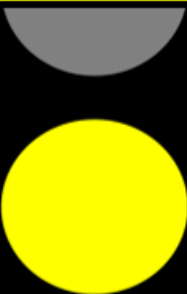


- My heartbeat and breathing feel normal for me.
- I do not have chills or feel like I have a fever.
- My energy level is normal.
- I can think clearly.
- Any wound, surgical site or IV site is healing well.
- I am urinating normally; my urine is pale yellow and does not have an odor.

What should I do?

- 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 appointments.
- Keep my wound, surgical site or IV site clean.
- Wash my hands frequently.

YELLOW ZONE: Caution- Possible Infection



Any 1 symptom or combination of symptoms:

- My heartbeat feels faster than usual **OR**
- My breathing is faster than usual and I'm having some difficulty. I've developed a cough **OR**
- I have a fever between higher than 101.8 **OR**
- I feel cold and I'm shivering- I can't get warm **OR**
- I don't feel well-I'm too tired to do things **OR**
- I haven't urinated in 5 hours or its painful when I do. My urine is cloudy or smells bad **OR**
- My wound or surgical site looks different **OR**
- My blood sugar has been higher than usual **OR**

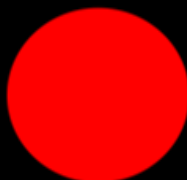
What should I do?:

- 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 or Emergency Room and tell them you're concerned for sepsis.

Physician: _____

Phone Number: _____

RED ZONE: Medical EMERGENCY!



- I feel sick, very tired, weak, dizzy, or achy **OR**
- My heartbeat or breathing is very fast **OR**
- My temperature is 101.8 or higher **OR**
- My temperature is below 96.8 **OR**
- My fingernails are pale or blue **OR**
- People say I'm not making sense **OR**
- My wound or IV site is painful, red, smells, or has pus **OR**
- I have not urinated in 12 hours or longer or urine is very dark



What should I do?:

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