

# Sepsis Self-Management Plan

## Signs of infection and sepsis at home

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

	 <b>Green zone</b> No signs of infection.	 <b>Yellow zone</b> Take action today. Call: _____ 	 <b>Red zone</b> Take action now! Call: _____ 
<b>Are there changes in my heartbeat or breathing?</b>	<ul style="list-style-type: none"> <li>• My heartbeat is as usual.</li> <li>• Breathing is normal for me.</li> </ul>	<ul style="list-style-type: none"> <li>• Heartbeat is faster than usual.</li> <li>• Breathing is a bit more difficult and faster than usual.</li> </ul>	<ul style="list-style-type: none"> <li>• Heartbeat is very fast.</li> <li>• Breathing is very fast.</li> </ul>
<b>Do I have a fever?</b>	I have not had a fever in the past 24 hours and I am not taking medicine for a fever.	Fever between 100 °F to 101.4 °F.	Fever is 101.5 °F or greater.
<b>Do I feel cold?</b>	I do not feel cold.	<ul style="list-style-type: none"> <li>• I feel cold and cannot get warm.</li> <li>• I am shivering or my teeth are chattering.</li> </ul>	<ul style="list-style-type: none"> <li>• Temperature is below 96.8 °F.</li> <li>• Skin or fingernails are pale or blue.</li> </ul>
<b>How is my energy?</b>	My energy level is as usual.	I am too tired to do most of my usual activities.	<ul style="list-style-type: none"> <li>• I am very tired.</li> <li>• I cannot do any of my usual activities.</li> </ul>
<b>How is my thinking?</b>	Thinking is clear.	Thinking feels slow or not right.	My caregivers tell me I am not making sense.
<b>Are there changes in how I feel after a hospitalization, procedure, infection, or change in wound or I.V. site?</b>	<ul style="list-style-type: none"> <li>• I feel well.</li> <li>• I had pneumonia, a urinary tract infection (UTI) or another infection.</li> <li>• I had a wound or I.V. site. It is healing.</li> </ul>	<ul style="list-style-type: none"> <li>• I do not feel well.</li> <li>• I have a bad cough.</li> <li>• My wound or I.V. site looks different.</li> <li>• I have not urinated (peed) for 5 or more hours. When I do urinate (pee) it burns, is cloudy or smells bad.</li> </ul>	<ul style="list-style-type: none"> <li>• I feel sick.</li> <li>• My wound or I.V. site is painful, red, smells or has pus.</li> </ul>

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## My plan for preventing infection at home

### Things I can do to prevent infection:

- Wash my hands often, using soap and water, especially after touching door knobs
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK
- Get recommended vaccines (shots) like flu, whooping cough and pneumonia
- Eat healthy foods and drink water
- Keep my wounds or I.V. site clean
- Have a plan for getting help when I am in the yellow zone

### Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor "I am concerned about sepsis."

### How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.

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