

Infection and Sepsis Action Plan

You have been identified as having an infection. Most people can be treated for an infection and recover without difficulties. However, an infection puts you at a higher risk for developing sepsis, which is the body's out of control response to an infection. Please use this screening tool for **monitoring of NEW and / or WORSENING of symptoms beyond the acute phase that may require further treatment.**

My Doctor: _____ Phone: _____

Red Zone - I Have New or Worsening Symptoms: Declining



My temperature feels extremely hot or cold. Skin may be flushed or pale. Fingernails may be pale or blue.



I am confused or people tell me I am not making sense.



Heartbeat is VERY FAST (> 100) AND my blood pressure (top number) is less than 100.



Breathing is very fast (greater than 22 breaths per minute).

Act Right Now: Call your doctor immediately or activate emergency response. (911)

Yellow Zone - I Have 2 or More Symptoms = Stable



I feel cold and cannot get warm (shivering).



My thinking feels slower or not right.



Heartbeat is FASTER than normal (> 100) or my blood pressure (top number) is less than 100.



Breathing is more difficult and faster than usual.

Take Action: Take daily medications as instructed. Get more rest.
 Contact my doctor about these changes.

Green Zone - My Good Days - Improving



My temperature feels normal



Thinking is clear.



Heartbeat is NOT elevated (< 100) or home blood pressure is NOT low (top number greater than 100).



Breathing is normal for me.

Good Job! Continue to: Take daily medications as instructed. Eat healthy diet.
 Wash hands often and avoid sick people. Build up activity slowly and rest when tired.