

Infection and/or Sepsis Symptom Awareness and Action Plan

What is Sepsis: It's your body's reaction to an infection that can become overpowering and life threatening; leading to tissue damage, organ failure, and even death. Infection can happen to anyone, and most any infection can lead to sepsis.

Green Zone

No action required



Green Zone Means

- Feeling well
- Oral temperature less than 100 °F
- No fast heart rate
- No increase in pain
- Easy breathing
- No confusion or sleepiness
- No discoloration of your skin
- Wound without redness/drainage

Yellow Zone

Take action, call your doctor or nurse. It is recommended that you see your medical provider within 24-48 hours.



Yellow Zone Means

- Oral temperature 100.0-101.4 °F
- Feeling cold/shivering
- Coughing that is new
- Delayed thinking
- Painful/cloudy/dark/or foul smelling urine
- Wound not healing/improving
- Have not urinated for 12 or more hours
- Symptoms not resolved or worsening after treatment

Red Zone

Call your doctor immediately. It is recommended that you be seen by a medical provider within 24 hours or if necessary proceed to the nearest emergency room.



Red Zone Means

- Oral temperature over 101.5 or less than 96.8 °F
- Feel very sick
- Wound is more painful/red/increase in drainage/foul smelling
- Confusion or sleepiness
- Extreme pain
- Pale or discolored skin
- Breathing is faster than normal or you have shortness of breath

CALL 9-1-1

or proceed to the nearest emergency room immediately.



Call 9-1-1 if:

- Breathing is very fast or if having extreme shortness of breath
- Heart rate is very fast
- Blood pressure is low (top number 40 points lower than normal)
- Oral temperature is over 103.5 °F
- Skin, lips, or fingernails appear blue



Call your doctor: _____ PHONE _____

Call your specialist: _____ PHONE _____

Call: _____ PHONE _____