

SIGNS OF INFECTION & SEPSIS

I recently had a procedure: _____.

Surgery can put you at increased risk for developing infection and sepsis. After surgery, patients and caregivers should watch for the following signs and symptoms.

GREEN ZONE	<ul style="list-style-type: none"> • 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 • My wound or IV site is not painful, red, draining pus or smelling bad 	<p>DOING GREAT!</p> <p>No action is needed.</p>
YELLOW ZONE	<ul style="list-style-type: none"> • My heartbeat is faster than usual • My breathing is a bit more difficult and faster than usual • I have a fever between 100.5°F to 101.2°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 I 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 	<p>TAKE ACTION TODAY!</p> <p>Call your doctor's office.</p> <p>_____</p> <p>(Phone number)</p>
RED ZONE	<ul style="list-style-type: none"> • 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 101.2°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 	<p>TAKE ACTION NOW!</p> <p>Go to the Emergency Room AND Call your doctor's office.</p> <p>_____</p> <p>(Phone number)</p>

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