

My Sepsis Guide

My regular doctor's number is: _____

RED ZONE - Take Action NOW!

- Fever more than 102 F for more than 24 hours
 - You can't get warm or if you have shaking chills
 - Confusion or very sleepy
 - Heart is racing
 - Breathing fast or short of breath
 - Extreme pain
 - Pale or discolored skin
 - You are not producing much urine
- Call 911 or have someone take you to the emergency department. Tell them you are worried about sepsis.

YELLOW ZONE - Call your doctor!

- You have had a recent infection or surgical procedure and you have a Low grade fever 99.5-100.9 F
- Heart feels like it is beating fast
- You have low energy
- You feel short of breath
- Any wound/surgical incision is warm or red
- Increasing or unexplained pain
- If you are supposed to take an antibiotic but cannot afford it or if you have stopped taking them before you are supposed to.

GREEN ZONE - You are doing ok!

- No fever or chills
- No confusion or sleepiness
- No fast heart rate
- No shortness of breath
- No increase in pain
- No discoloration of your skin
- Continue with the medical plan of care
- Keep all your doctor appointments



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Green Zone

- This means you are doing great. Keep up the good work and keep all medical appointments

Yellow Zone

- You need to call your doctor as soon as possible. If your doctor's office is closed, you might need to go to an urgent care center or walk in clinic.

Red Zone

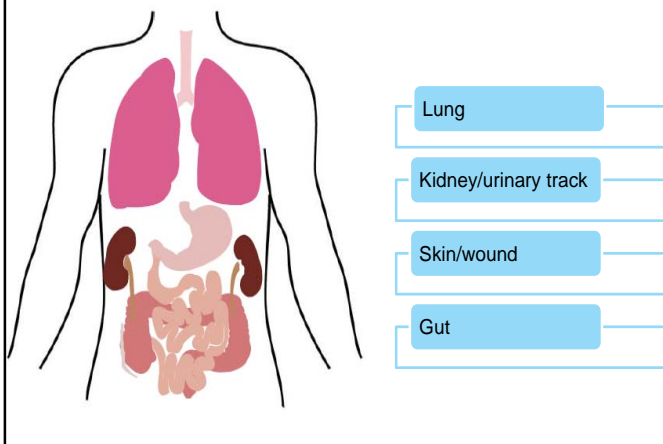
- You need to be seen by a doctor **As Soon As Possible**. Have someone take you to the emergency department or call 911.

If you are in the yellow or red zone you should tell the doctor that "I am worried that I might have sepsis"

What is Sepsis?

Sepsis is caused when your body's immune (defense) system can't fight off an infection. Your body releases chemicals into your blood stream that can lead to organ damage and it can cause death if not treated soon. Sepsis cannot always be prevented. By knowing the sepsis risk factors, and taking precautions, you can reduce your chance of developing sepsis.

The most common infections in adults that lead to sepsis are:



Your risk for sepsis increases if you:

Are aged 70 or older

If you have a chronic disease like diabetes, heart failure, kidney disease, COPD, etc.

Have a weak immune systems such as HIV/AIDS, cancer or are taking medicines called steroids

If you have been in the hospital recently or had surgery

If you have an IV lines in your vein for medicine, a urinary catheter, or a feeding tube

Here is what you can do to help prevent infections from becoming sepsis



Wash hands often



Get your flu shot and pneumonia shot



Keep any wounds or surgical scars clean



Check your temperature at least 4 times a day when sick



If you have signs of an infection call your doctor soon

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