

## Discharge information

Symptoms to look for when you go home from the hospital.

### Signs of infection and sepsis at home

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



#### Green Zone

No signs of infection.



#### Yellow Zone

Take action today.



#### Red Zone

Take action now!

Call: \_\_\_\_\_

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 IV 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 IV 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 IV 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 IV site is painful, red, smells or has pus.</li> </ul>