



Discharge information

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

My plan for preventing infection at home

Things I can do to prevent infection:

- ☐ Wash my hands often, using soap and water, especially after touching door knobs
- ☐ Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK
- ☐ Get recommended vaccines (shots) like flu, whooping cough and pneumonia
- ☐ Eat healthy foods and drink water
- ☐ Keep my wounds or IV site clean
- ☐ Have a plan for getting help when I am in the yellow zone

Look for signs of infection:

- Do a daily check up using this stoplight form
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor "I am concerned about sepsis."

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.