

# Sepsis stoplight tool

Which zone are you in today: **green**, **yellow** or **red**?

Doctor/Provider: \_\_\_\_\_

Phone: \_\_\_\_\_



## Green Zone

I'm feeling good.

- My temperature is between 96.8 and 100.3 degrees Fahrenheit.
- My urine is clear and light yellow.
- I can do my usual daily activities.
- If I have a wound or incision, I do not have any drainage or redness in that area.

## How I'll prevent symptoms today

I will:

- Eat a healthy diet, limit caffeine and alcohol.
- Drink plenty of water unless restricted by my provider.
- Practice good handwashing throughout the day.
- Keep my wound/incision and/or dressing clean and dry.
- Take my medicine as prescribed.
- Keep my doctor/provider appointments.



## Yellow Zone

I'm not feeling good.

- I am running a fever greater than 100.3 degrees Fahrenheit.
- I am having chills, body aches, chest pain, clammy skin, or nausea.
- I am restless, confused, or cranky.
- I am more tired or have less energy for my daily activities.
- I am not sleeping well because of how I am feeling.
- I have a fast heartbeat of over 100 beats per minute at rest.
- I have pain in my side/flank, frequent or sudden urge to pee, pain while peeing, blood in my pee and/or pressure in my lower pelvis.
- My wound/incision is painful, red, and/or has bad smelling discharge.

## Caution!

Take action TODAY. I will:

- Report these symptoms to my doctor/provider without delay.
- Continue to take my antibiotic medications as prescribed **until all pills are gone**.
- Call my doctor/provider again, if my symptoms do not improve.

- \_\_\_\_\_
- \_\_\_\_\_



## Red Zone

I feel awful!

- I am running a fever greater than 100.3 or less than 96.8 degrees Fahrenheit.
- I am having shaking chills.
- I am feeling confused, disoriented, agitated, and/or find it difficult to stay awake.
- I am having difficulty breathing or fast breathing.
- I have increased drainage, redness, skin is hot to touch, or bad smell around the wound/incision.
- I am dizzy or lightheaded when I stand, or I have fainted.

## Get help!

Take action NOW:

- **CALL 911 or seek medical care RIGHT AWAY.**
- While getting help, do this:

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_