SEPSIS ALLIANCE

Zone Sheet: Know the Signs of Infection to Help Prevent Sepsis

It's important to watch for signs of infection, which can lead to sepsis. Even if you are already getting treatment for an infection, you can develop another one. Most infections can be treated when caught early though.

Acting quickly is imporant. At the start of your treatment, ask your home infusion nurse who you should contact if you notice any possible signs of infection (outlined below). Also ask what you should do if you need to leave a message. How long you should wait before following up?

Know the common signs of infections and act fast. It could save your life!

Green Zone:
To be in this zone, you must be feeling healthy:

- No signs of illness, such as fever or chills
- No new or increased pain
- No new or change in cough, or shortness of breath
- No redness, warmth, discharge or pus around a wound, PICC line, central line, or IV site.

This is good news. Keep monitoring for signs of infection, and make sure you know who to contact if you notice a change.

Yellow Zone:
To be in this zone, there will be signs of infection:

- Fever or chills
- New or increasing pain
- New or worsening cough or shortness of breath
- Redness, warmth, discharge or pus around a wound, PICC line, central line, or IV site

If you notice any of these signs, reach out to your contact person and be as clear as possible.

Tell them:

- What is happening (your symptoms).
- Your background, including your diagnosis and current treatment.
- That you were told to call if you had signs of an infection because you are immunocompromised.
- Call again or go to urgent care if you don't hear back within an hour.

Red Zone:
To be in this zone is a medical emergency:

- Confusion, grogginess, just wanting to sleep
- Racing pulse, heart beating too fast
- Faster breathing, shortness of breath
- Worsening pain

You are in the red zone when the infection is getting worse and you experience the symptoms above.

Call 911 or have someone take you to the closest emergency department.