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.*

<table>
<thead>
<tr>
<th>Green Zone</th>
<th>Yellow Zone</th>
<th>Red Zone</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>No signs of infection.</strong></td>
<td><strong>Take action today.</strong></td>
<td><strong>Take action now!</strong></td>
</tr>
</tbody>
</table>

**Call:** __________  
**Call:** __________

### Are there changes in my heartbeat or breathing?

- **Green Zone**
  - My heartbeat is as usual.
  - Breathing is normal for me.

- **Yellow Zone**
  - Heartbeat is faster than usual.
  - Breathing is a bit more difficult and faster than usual.

- **Red Zone**
  - Heartbeat is very fast.
  - Breathing is very fast.

### Do I have a fever?

- **Green Zone**
  - I have not had a fever in the past 24 hours and I am not taking medicine for a fever.

- **Yellow Zone**
  - Fever between 100°F to 101.4°F.

- **Red Zone**
  - Fever is 101.5°F or greater.

### Do I feel cold?

- **Green Zone**
  - I do not feel cold.

- **Yellow Zone**
  - I feel cold and cannot get warm. I am shivering or my teeth are chattering.

- **Red Zone**
  - Temperature is below 96.8°F. Skin or fingernails are pale or blue.

### How is my energy?

- **Green Zone**
  - My energy level is as usual.

- **Yellow Zone**
  - I am too tired to do most of my usual activities.

- **Red Zone**
  - I am very tired. I cannot do any of my usual activities.

### How is my thinking?

- **Green Zone**
  - Thinking is clear.

- **Yellow Zone**
  - Thinking feels slow or not right.

- **Red Zone**
  - My caregivers tell me I am not making sense.

### Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or IV site?

- **Green Zone**
  - I feel well.
  - I had pneumonia, a urinary tract infection (UTI) or another infection.
  - I had a wound or IV site. It is healing.

- **Yellow Zone**
  - I do not feel well.
  - I have a bad cough.
  - My wound or IV site looks different.
  - I have not urinated (peed) for 5 or more hours. When I do urinate (pee), it burns, is cloudy or smells bad.

- **Red Zone**
  - I feel sick. My wound or IV site is painful, red, smells or has pus.

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