

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: _____

Are there changes in my heartbeat or breathing?	<ul style="list-style-type: none"> • My heartbeat is as usual. • Breathing is normal for me. 	<ul style="list-style-type: none"> • Heartbeat is faster than usual. • Breathing is a bit more difficult and faster than usual. 	<ul style="list-style-type: none"> • Heartbeat is very fast. • Breathing is very fast.
Do I have a fever?	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.
Do I feel cold?	I do not feel cold.	<ul style="list-style-type: none"> • I feel cold and cannot get warm • I am shivering or my teeth are chattering. 	<ul style="list-style-type: none"> • Temperature is below 96.8°F. • Skin or fingernails are pale or blue.
How is my energy?	My energy level is as usual.	I am too tired to do most of my usual activities.	<ul style="list-style-type: none"> • I am very tired. • I cannot do any of my usual activities.
How is my thinking?	Thinking is clear.	Thinking feels slow or not right.	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?	<ul style="list-style-type: none"> • I feel well. • I had pneumonia, a urinary tract infection (UTI) or another infection. • I had a wound or IV site. It is healing. 	<ul style="list-style-type: none"> • 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. 	<ul style="list-style-type: none"> • I feel sick. • My wound or IV site is painful, red, smells or has pus.