

My Plan to Identify Infection and/or Sepsis

Name _____ Date _____

Green Zone: No Signs of Infection

- ✓ My heartbeat and breathing feel normal for me.
- ✓ I do not have fever, chills, or feel cold.
- ✓ My energy level is normal.
- ✓ My thinking is the same as usual.
- ✓ My access site or wound is free of pus, redness, swelling, or tenderness.



Green Means I Should:

- ✓ Watch every day for signs of infection.
- ✓ Continue to take my medicine as ordered, especially if I am recovering from an infection or illness.
- ✓ Attend all dialysis treatments and medical appointments.
- ✓ Follow access site care instructions.
- ✓ Wash my vascular access in the treatment room prior to every dialysis and wash hands frequently.

Yellow Zone: Caution

- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I am coughing.
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ I feel cold and am shivering—I cannot get warm.
- ✓ My thinking is different than usual—my head is “fuzzy.”
- ✓ I do not feel well—I cannot do things I am usually able to do.
- ✓ It is painful when I urinate.
- ✓ My access site and/or any wound I have looks different.



Yellow Means I Should:

- ✓ Contact my doctor, especially if I have recently been ill or had surgery.
- ✓ Ask if I might have an infection or sepsis.

Physician Contact:

Name: _____ Phone: _____

Registered Nurse (RN) Contact at Dialysis Center:

Name: _____ Phone: _____

Red Zone: Medical Alert!

- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ My fingernails are pale or blue.
- ✓ People say I am not making sense.
- ✓ My access site or wound is painful, red, swollen, or has pus.



Red Means I Must:

- ✓ **Act fast ... Sepsis is serious!**
- ✓ **Call 9-1-1** and say, “I need to be evaluated immediately. I am concerned about sepsis.”

Centers for Disease Control and Prevention. Sepsis. Basic Information. How Can I Get Ahead of Sepsis? Available at: <https://www.cdc.gov/sepsis/basic/index.html>. Accessed on November 20, 2020.

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