

# My Action Plan for Sepsis (Adult)

Name \_\_\_\_\_ Date \_\_\_\_\_

Please bring this plan and a list of your medicines to each health provider or emergency room visit.

**Sometimes common infections can lead to sepsis. Sepsis is an extreme response to an infection and can be deadly.**

## Things I will do each day

- Use this form to do a daily check.
- Report any signs of infection in the yellow zone right away!
- Wash my hands often, using soap and water, especially after touching doorknobs.
- Get recommended vaccines (shots) like flu, whooping cough, and pneumonia.
- Eat healthy foods and drink plenty of water.
- Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it is okay.
- Watch for sepsis. Sepsis is a very dangerous response to an infection by your body. Any one of the signs in the yellow or red zone can be a sign of sepsis.

## I feel normal for me

- My heartbeat and breathing are normal for me.
- My energy level is normal.
- My thinking is clear.
- I feel well.
- I do not feel cold.
- I have not had a fever in the last 24 hours and have not taken medicine for a fever.
- I had an infection, but it is healing.

## CAUTION – I need to take action

### I FEEL WORSE

#### If I have any signs of infection:

- My heartbeat is faster than normal.
- I have a fever of 100°F to 101.4°F.
- I am too tired to do most of my usual activities.
- I do not feel well, or I have a bad cough.
- My wound or IV site looks different.
- My breathing is a bit more difficult and is faster.
- I feel cold and cannot get warm. I am shivering or my teeth are chattering.
- My thinking feels slow or not right.
- When I pee, it burns, is cloudy or smells bad, or I am not urinating as much or as often as normal.

### ACTION

#### Call my health provider:

**Name:** \_\_\_\_\_

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

## DANGER – I will take action immediately

### I FEEL MUCH WORSE

- My heartbeat is very fast.
- I have a fever of more than 101.4°F, or my temperature is below 96.8°F
- My skin or fingernails are pale or blue.
- I feel very tired or sick and cannot do my usual activities.
- I feel confused or others tell me I am not thinking clearly.
- My wound or IV site is painful, red, smells, or has pus.

### ACTION – I will CALL 911

#### I will get help right away.

I **WILL NOT** drive myself or have a friend or family member drive me to the hospital.

