

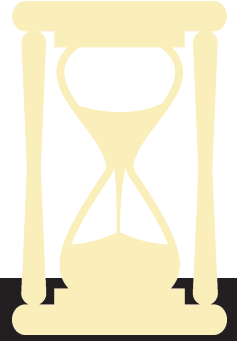
Self-Management Plan for Early Recognition of Sepsis

What is Sepsis?



Sepsis is your body's overwhelming and life-threatening response to an infection. Anyone can get sepsis.

Signs and symptoms of sepsis: fever or feeling chilled, fast heart rate, fast breathing or shortness of breath, extreme pain, and pale or discolored skin.



SEPSIS IS A MEDICAL EMERGENCY



GREEN Zone: ALL CLEAR - *Feeling Well*

- No fever or feeling chilled
- No confusion or sleepiness
- No fast heart rate
- Easy breathing; no shortness of breath
- No increase in pain
- No discoloration of your skin

RED Zone: CAUTION!

Call your doctor or nurse immediately if you have these symptoms:

- Fever or feeling chilled or have shaking chills
- Confusion/sleepiness
- Fast heart rate
- Fast breathing or shortness of breath
- Extreme pain
- Pale or discolored skin

Key Contacts

Primary Physician: _____

Specialist: _____

Home Care Provider: _____

Other: _____

**If you are unable to reach your doctor or nurse,
CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.**