



Patient Health Guide: Sepsis

Recognizing Early Sepsis:

Having a possible infection PLUS having two or more of the following symptoms could mean you have sepsis:

- Fever
- Fast heart rate (greater than 90 beats per minute)
- Fast breathing (greater than 20 breaths per minute)
- Low blood pressure (top number less than 90)
- Changes in level of consciousness or mental status (such as confusion)

How can YOU stay healthy and out of the hospital?

- Take your medicines as instructed by your doctor. You may be prescribed an antibiotic. Unless your doctor tells you to stop taking it, take the antibiotic as prescribed for the full number of days, even if you begin to feel better. This is very important to treat the infection completely.
- Tell your doctor or pharmacist if:
 - You cannot pay for your medicine;
 - You have trouble taking your medicine;
 - Your medicine makes you feel worse; or
 - You are worried about the side effects of your medicine.
- Wash your hands often and cover your cough or sneeze with a tissue or your sleeve.
- Avoid close contact with people who have a cold or the flu.
- Get a flu shot every year, and ask your doctor when you should get a pneumonia shot.
- Get plenty of rest and drink a lot of water while you are recovering.
- Keep your follow-up appointments with your doctor, even if you are feeling better.
- If you smoke, quitting will make you healthier. If you do not smoke, do not start. Avoid being in the same room with other smokers.
- Follow your doctor's instructions when caring for yourself at home.
 - If you have an infection or a wound, remember to wash your hands before and after touching your wound, the bandages/dressing, or the infected area.
 - Dispose of any dirty bandage/dressing materials in the trash.
- If you are getting worse and not better when you have an infection, always consider possible sepsis. If you develop symptoms of early sepsis, call your doctor immediately or go to the closest Emergency Room.

What is Sepsis?

- Sepsis is a potentially life-threatening complication of an infection. The infection can reach the bloodstream and affect your organs (such as your brain, heart, and kidneys).
- Treatment of sepsis may include antibiotics and IV fluids. You will need lab work frequently during treatment.
- Your doctor may also use additional medications or blood products to help manage blood pressure and heart rate.
- Sepsis can lead to shock and death if it is not recognized and treated quickly.
- Recognizing sepsis early and seeing your doctor if you have symptoms is very important in order to recover from sepsis.

Disclaimer: This health guide content is based on medical literature review and is considered only general information relating to a disease management plan. The information and practices described in the guide are not intended as substitutes for clinical or medical advice prescribed by a medical provider for an individual patient that is based on the individual's history, condition and current medical assessment. This information is not intended to be comprehensive about the subjects addressed and may include information that is time-sensitive and subject to change.

Your Symptoms

Understand **how** you are feeling and **what to do based on the Green, Yellow, and Red Zones below.**

Ask questions to better understand **sepsis.**

Green Zone Symptoms:	“All Clear” Green Zone Means:
<ul style="list-style-type: none"> <input type="checkbox"/> Temperature and blood pressure are normal <input type="checkbox"/> No known source of a potential infection <input type="checkbox"/> No abnormal changes to consciousness or alertness 	<ul style="list-style-type: none"> • No signs of early sepsis noted
Yellow Zone Symptoms:	“Caution” Yellow Zone Means:
<ul style="list-style-type: none"> <input type="checkbox"/> Two or more of the following: <ul style="list-style-type: none"> • Temperature over 101°F (or 38.3°C) • Temperature below 96.8°F (or 36°C) • Fast heart rate greater than 90 beats per minute • Low blood pressure (top number less than 90) • Recent changes in level of consciousness or mental status (such as confusion) <p>PLUS:</p> <ul style="list-style-type: none"> <input type="checkbox"/> A possible infection (such as an infected urinary catheter or IV line, untreated severe skin infection, or an infection in your body that you cannot see) 	<ul style="list-style-type: none"> • Early signs of possible sepsis • You should seek treatment immediately at the closest Emergency Room • The sooner sepsis is recognized and treatment is started, the greater the chance of surviving and making a full recovery from sepsis • Your medicines may need to be changed or you may need an antibiotic to treat your infection
Red Zone Symptoms:	“Medical Alert” Red Zone Means:
<ul style="list-style-type: none"> <input type="checkbox"/> The items in the Yellow Zone PLUS: <ul style="list-style-type: none"> • Little or no urine output • Mottled, blotchy skin <input type="checkbox"/> Signs your doctor has determined that your organs may be failing such as: <ul style="list-style-type: none"> • A low oxygen reading • Abnormal lab work which may indicate the beginning of septic shock 	<ul style="list-style-type: none"> • You need immediate evaluation • Call 911 or have someone drive you to the Emergency Room • Treatment for potential septic shock should be started immediately • The possibility of death with septic shock is greater the longer treatment is delayed

NOTES

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