





Sepsis Stoplight Tool

Common infections can lead to sepsis, which can be deadly. If you may have sepsis, act NOW!

	 Green Zone No signs of infection.	 Yellow Zone Take action today. Call your doctor or nurse: 	 Red Zone Take action now! Call or see your doctor now! 
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	I have a fever between 100° F and 101.4° F	I have a fever of 101.5°F or greater
Do I feel cold?	I don't feel cold	<ul style="list-style-type: none"> I feel cold and can't get warm I'm shivering 	<ul style="list-style-type: none"> My temperature is below 96.8° F My teeth are chattering My skin or nails are pale
How is my energy?	My energy level is as usual	I'm too tired to do most of my usual activities	I'm too weak to get out of bed
How is my thinking?	My thinking is clear	My thinking feels slow or not right	My caregivers tell me I'm not making sense
Are there changes in how I feel after a hospitalization, procedure, infection or change in wound or I.V. 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 I.V. site and it's healing 	<ul style="list-style-type: none"> I don't feel well I have a bad cough My wound or I.V. site looks different I haven't urinated (peed) for 5 or more hours and/or my urine (pee) burns, is cloudy, dark or smelly 	<ul style="list-style-type: none"> I feel very sick My wound or I.V. site is painful, red, smells or has pus I haven't urinated (peed) for 6 or more hours and/or my urine (pee) is very dark
Do I need to call 911 or go to the Emergency Room?	I don't need to call 911 or my doctor: <ul style="list-style-type: none"> My heartbeat is as usual My breathing is normal (for me) I have not had a fever in the past 24 hours 	I don't need to call 911 but I will call my doctor if: <ul style="list-style-type: none"> My heartbeat is faster than usual My breathing is more difficult and faster than usual My home blood pressure is 20 points (top number) lower than usual 	I will call 911 if: <ul style="list-style-type: none"> My heartbeat is very fast My breathing is very fast My home blood pressure is 40 points (top number) lower than usual I have a fever of 103.5° F or greater My skin or nails are blue

My plan for preventing infection at home

Things I can do to prevent infection:

- Wash my hands often, using soap and water, especially after touching doorknobs.
- Stay away from people who have coughs or colds and stay away from crowds unless my doctor says it's okay.
- Get my recommended vaccines (shots) like flu and pneumonia.
- Eat healthy foods and drink water.
- If just discharged from the hospital, I will replace my toothbrush now.
- Brush my teeth twice a day and replace my toothbrush at least every three months.
- Keep my wounds or I.V. site clean.
- Have a plan for getting help when I'm in the yellow zone.

Look for signs of infection:

- Do a daily check-up using this stoplight form.
- Report any signs of an infection in the yellow right away!
- Watch for sepsis. Sepsis is a very dangerous response your body can have to an infection. Sepsis can lead to tissue damage, organ failure and death. **Any one of the signs in the red zone can be a sign of sepsis.** Tell your doctor "I'm concerned about sepsis."

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan.

Developed by the Sutter Center for Integrated Care, 2017.

This material was prepared by Health Quality Innovators (HQI), a Quality Innovation Network-Quality Improvement Organization (QIN-QIO) under contract with the Centers for Medicare & Medicaid Services (CMS), an agency of the U.S. Department of Health and Human Services (HHS). Views expressed in this material do not necessarily reflect the official views or policy of CMS or HHS, and any reference to a specific product or entity herein does not constitute endorsement of that product or entity by CMS or HHS. 12SOW/HQI/QIN-QIO-0141-12/29/21

