

# SEPSIS WARNING SIGNS

Sepsis is a common, but dangerous, response to an infection to your body

## **GREEN ZONE** = *Low risk of infection and Sepsis*

- |                               |                                  |
|-------------------------------|----------------------------------|
| My heartbeat feels normal     | My skin is normal color, not dry |
| I do not have a fever         | My thinking is clear             |
| I do not have chills          | I do not feel sick               |
| My energy level is good       | I have a normal level of energy  |
| My breathing is normal for me |                                  |

*If you experience any combination of the signs and symptoms found in the yellow or red zones, seek medical attention.*

## **YELLOW ZONE** = *Moderate risk of infection and Sepsis*

- |                          |                               |
|--------------------------|-------------------------------|
| My heartbeat feels fast  | I feel tired                  |
| I feel short of breath   | My thinking is slow           |
| I have a fever above 100 | I do not feel well            |
| I cannot get warm        | I have a bad cough            |
| My skin is pale          | I have new pain or discomfort |

## **RED ZONE** = High risk of infection and Sepsis - **CALL 911!!**

- |  |   |
|--|---|
| My heartbeat is very fast                                    | I cannot stay awake                       |
| I can't catch my breath                                      | I feel confused                           |
| I have a fever above 102                                     | I feel weak or can't move                 |
| I am freezing  | My skin is pale or discolored             |
| I am going to the bathroom less than usual or it hurts to go | I have extreme pain or general discomfort |



NORTHERN MICHIGAN

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