

STOPPING SEPSIS

Sepsis is the body's extreme reaction to an infection. It is life-threatening, and without timely treatment, can rapidly lead to tissue damage, organ failure, and death.

Here are some tips on how to identify and prevent sepsis.

1 PREVENT INFECTIONS

Take good care of any chronic conditions you may have, and get all vaccines your doctor has recommended.

2 PRACTICE GOOD HYGIENE

Wash your hands frequently (especially after using the restroom and before eating), and keep any cuts or wounds clean and covered until healed.

3 KNOW THE SYMPTOMS

Flip this card over for the signs and symptoms of sepsis — always know what sepsis zone you're in!

4 ACT FAST!

Get medical care IMMEDIATELY if you suspect sepsis or have an infection that's not getting better or is getting worse. Learn more at www.cdc.gov/sepsis.

SOURCE: Centers for Disease Control and Prevention

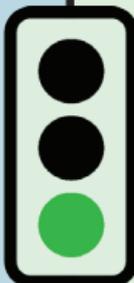


KAISER PERMANENTE®

KNOW YOUR SEPSIS ZONE

GREEN ZONE:

No Signs of Infection



- ✓ My heartbeat and breathing feel normal.
- ✓ I don't have chills or feel cold.
- ✓ My energy level is normal.
- ✓ I can think clearly.
- ✓ My wound or IV site is healing well.

Continue to watch for signs of infection; take your medications as prescribed, wash your hands frequently, and avoid anyone who's ill.

YELLOW ZONE:

Caution

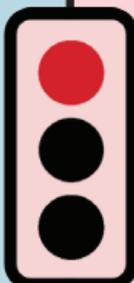


- ✓ My heartbeat feels faster than usual.
- ✓ My breathing is fast, or I'm coughing.
- ✓ I have a fever between 100.0°F and 101.4°F.
- ✓ My thinking is slow; my head is "fuzzy"
- ✓ I don't feel well; I'm too tired to do anything.
- ✓ I haven't urinated in 5 hours, or it's painful or burns when I do.
- ✓ My wound or IV site looks different.

If you are experiencing any of the above, you should contact your doctor, especially if you've recently been ill or have had surgery. Ask your doctor to check you for an infection or sepsis.

RED ZONE:

Medical Alert!



- ✓ I feel sick, very tired, weak, and achy.
- ✓ My heartbeat or breathing is very fast.
- ✓ My temperature is 101.5°F or greater.
- ✓ My temperature is below 96.8°F.
- ✓ My fingernails are pale or blue.
- ✓ People say I'm not making sense.
- ✓ My wound or IV site is painful, red, smells, or has pus.

Call 9-1-1 and say "I need to be evaluated immediately, I'm concerned about sepsis." Act fast — sepsis is serious!