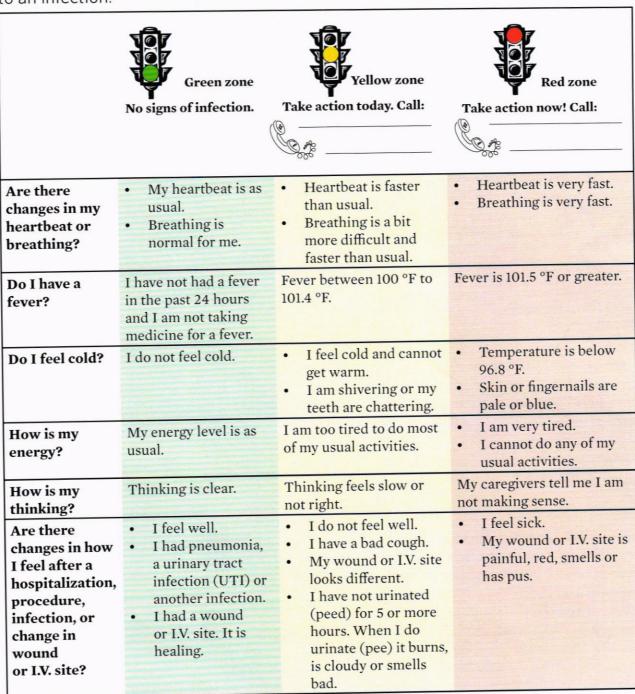
Sepsis Self-Management Plan

Signs of infection and sepsis at home

Common infections can sometimes lead to sepsis. Sepsis is a deadly response to an infection.



Notice of Liability. The information was made "as is" basis without warranty. This work is designed to provide practical and useful information on the subject matter covered, however it is not providing medical or other professional services. Notice of Rights. This product may be reproduced with permission and the citation: "Developed by the Sutter Center for Integrated Care, 2017." To request permission please email centerforic@sutterhealth.org. © 2017 Sutter Health



Sepsis Self-Management Plan

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 door knobs
- ☐ Stay away from people who have coughs or colds. Stay away from crowds unless your doctor says it's OK
- ☐ Get recommended vaccines (shots) like flu, whooping cough and pneumonia
- ☐ Eat healthy foods and drink water
- ☐ Keep my wounds or I.V. site clean
- ☐ Have a plan for getting help when I am 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 to an infection by your body. 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 am 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.

This material was prepared by Aging and Disability Services, and adapted for use by Orange Park Medical Center. This resource does not substitute a plan of care, and should only be used for a reference guide.

