

MATERNAL SEPSIS ZONE TOOL

EARLY SIGNS & SYMPTOMS FOR HOME AND COMMUNITY HEALTH MATERNAL EDUCATION

HAS YOUR HEALTHCARE PROVIDER DIAGNOSED YOU
WITH AN INFECTION? YOU COULD BE AT RISK FOR **SEPSIS**.

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What is SEPSIS?

SEPSIS is the body's life-threatening response to an infection anywhere in the body.

MATERNAL SEPSIS needs to be treated early and aggressively. It is essential that you know the early signs and symptoms of **SEPSIS**.



GREEN ZONE



No increase in pain, no fever or chills, no confusion, and no feeling like your heart is pounding or beating very fast.

Feeling well- continue to monitor and look for symptoms.



RED ZONE

Contact a healthcare provider immediately if you have an infection and:

- Fever or chills
- Confusion/sleepiness/difficult to wake up (recognized by others)
- Feeling like your heart is pounding
- Difficulty breathing
- Extreme pain
- Pale or discolored skin
- Foul-smelling vaginal fluid/liquid Back or lower abdominal pain
- Pain/burning passing urine or not passing urine in a day
- Overall feeling of being unwell

REMEMBER: Signs and symptoms can vary.

Medical Alert: **TAKE ACTION**



Doctor: _____

Phone #: _____

If you are unable to reach your healthcare provider, **CALL 911 OR HAVE SOMEONE TAKE YOU TO THE EMERGENCY DEPARTMENT.**