

Action Plan for Staying Healthy at Home After Sepsis - an extreme response to an infection



This handout is a quick guide to staying healthy and safe at home. Follow these tips and all instructions from your hospital care team to help you avoid another hospital stay.

Take Your Medicines

If your doctor orders antibiotics, take them until they are gone even if you are feeling better.

Go to Your Follow-Up Visits

It is **very** important to go to your follow-up visits with your primary care doctor or specialist. Your doctor needs to see you at follow-up visits to check on your progress and make sure your medicines are working. They need to see you within 1 week of your hospital stay and then at least once a month for 3 months.

Ways to Stay Well

- Eat a healthy diet based on advice from your care team.
- Wash your hands often and use an alcohol-based hand sanitizer when soap and water isn't available.
- Balance activity with rest. Try to do a little more each day, but be careful not to overdo it.
- If need help quitting smoking:
 - Call the Ohio Quit Line at **1-800-QUIT-NOW** or visit **smokefree.gov**
 - Find out if your insurance covers our UH Tobacco Treatment Counseling program. If so, you will need a doctor's order to use this service. To learn more about our program, call **216-896-1810**.

Hang this on your refrigerator to remind you of reasons to call your doctor or 9-1-1



GOOD TO GO

Follow the tips in this handout to help you to stay healthy and out of the hospital. Always monitor your health and be aware of the signs of new or worsening health concerns. Read below to learn when and who to call for help.



CAUTION

Call your doctor's office right away if you have any of the problems listed below. Your doctor may need to adjust your medicine doses and/or order blood tests. Keep taking your medicines as ordered until you see your doctor.

- Faster than normal heartbeat
- Fever higher than 100°F
- Temperature below 96.8°F
- Having chills (can't get warm), shivering, or teeth chattering
- Fingernails or skin are more pale
- Feeling more tired, or cannot do your normal activities
- Bad cough or cough is worse
- Problems with peeing, such as peeing more often, burning when you pee, cloudy or bad smelling pee
- Not peeing for 5 hours or more
- Wound, incision, or IV site is red, painful, or has drainage (pus)
- You do not feel you are getting better
- Any other symptom that causes concern

My doctor's name: _____

Office phone number: _____



STOP

Call 9-1-1 right away if you have any of these problems:

- Very fast heartbeat
- Feeling short of breath or it's hard to breathe
- Skin or finger nails are blue
- Not thinking clearly or others say you're not making sense when you speak
- Fainting
- Feeling dizzy, lightheaded or confused