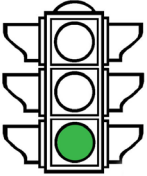
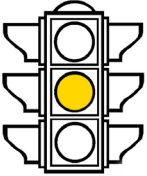

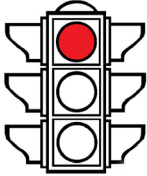




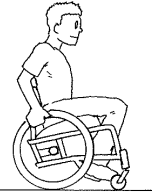


Preventing wound infections at home

How do I feel today?

 <p>GREEN ZONE</p> <p>You are in control.</p>	 <p>YELLOW ZONE</p> <p>Take action today. Call your doctor:</p> <p> _____</p>	 <p>RED ZONE</p> <p>Call your doctor right away and tell them you have an urgent issue.</p>
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<p>Do I have drainage leaking through my wound dressing?</p> 	<p>No, there is no drainage leaking through my wound dressing.</p>	<p>Yes, there is a small amount of drainage leaking through my wound dressing.</p>	<p>Yes, there is a large and/or regular amount of drainage leaking through my wound dressing.</p>
<p>Do I have an odor coming from my wound?</p> 	<p>No, there is no odor from my wound.</p>	<p>Yes, there is a slight odor from my wound.</p>	<p>Yes, there is a strong odor coming from my wound.</p>
<p>Do I have a fever?</p> 	<p>No fever.</p>	<p>Fever of 100—101.5F</p>	<p>Fever over 101.5F</p>
<p>Do I have pain or discomfort at my wound site?</p> 	<p>No, I do not have any pain from my wound.</p>	<p>I may have:</p> <ul style="list-style-type: none"> • new pain • increasing pain 	<p>I have severe pain.</p>
<p>How is my energy level?</p> 	<p>My energy level is normal.</p>	<p>I am too tired to do most of my normal activities.</p>	<ul style="list-style-type: none"> • I am so tired that I can hardly do any of my normal activities. • I have some mental fogginess or confusion

My action plan for preventing wound infections at home

Things I can do:

General:

- Attend all scheduled medical appointments with my wound care doctor
- Wash my hands often using soap and warm water
- Keep my wound covered with a dressing at all times
- Have a plan for getting help when I am in the yellow zone

Wound Dressing Changes:

- Change the wound dressing as ordered by my doctor
- Use gloves when changing my dressing
- Keep my wound dressing supplies in a box with a lid, and keep the box off the floor
- Dispose of used dressing by wrapping them in two plastic bags and throwing them away in a trash can with a lid

Nutrition:

- Eat healthy foods
- Stay hydrated, drink plenty of fluids, especially water.

Other ideas:

How I will do these things:

Your care team will work with you to set goals so you can stick to your plan!