

Green Zone

CONTINUE DAILY ROUTINE



Blood sugars are in normal range



Weight is normal



Appetite is normal

Instructions:

Continue healthy diet

Continue daily activities

Keep follow up appointments

Continue to monitor your blood sugar as directed

Perform regular foot and skin checks

Yellow Zone

CAUTION! CHECK WITH YOUR CARE PROVIDER



Elevated blood sugars



Numbness, tingling or pain in hands and feet



Excessive thirst



Frequent urination



Yeast infections or itching in areas like under breasts or in armpits



Excess hunger

Instructions: Call your care provider today to report changes.

You may need a change in your medications or you may need to be seen by your care provider.

Red Zone

WARNING! TAKE ACTION - CALL 9-1-1!



Extremely high/ low blood sugars



Extreme fatigue and/or confusion



Lightheadedness, dizziness, nausea, vomiting or diarrhea



Blurry vision, trouble reading or trouble seeing at night



See a care provider or call 9-1-1 right away!