### Green Zone: All Clear
- Average blood sugars are typically under ____________
- Most fasting blood sugars are under ____________
- No decrease in your ability to maintain normal activity level
- Have all prescribed medications
- Your symptoms are under control
- Continue taking your medications
- Continue to follow your diet
- Keep your Care at Home nurse appointments
- Keep physician appointments

### Yellow Zone: Caution
If you have any of the following signs and symptoms:
- Average blood sugars are between ____________ and ____________
- Most fasting blood sugars are under ____________
- You are experiencing signs and symptoms of high or low blood sugar
- You cannot always maintain your normal activity level
- Have less than 3 days of prescribed medication available
- Are not sure what medications to take today
- Your symptoms indicate that you may need an adjustment in your medications
- Call your Care at Home nurse and/or your physician

Contact ___________________________________________
Phone Number __________________________
(Please notify your Care at Home nurse if you contact or go see your MD)

### Red Zone: Medical Alert
If you have any of the following signs and symptoms:
- Average blood sugars are above ____________ or under ____________
- Most fasting blood sugars are well over ____________ or under ____________
- You cannot maintain your normal activity level
- You are unable to stay awake even during the day
- Have taken wrong dose or missed a dose of medication today
- Client is not responsive – Call 911 immediately

This indicates that you need to be evaluated by a physician right away

Primary MD ___________________________________________
Phone Number __________________________

Call your physician right away or call 911
(Please notify your Care at Home nurse if you go to the emergency room or are hospitalized)