



## Who To Call for Help

Every Day	<ul style="list-style-type: none"><li>• Take your medications as ordered by your doctor(s). Review all new medicines, including over-the-counter medicines, with your primary care provider.</li><li>• Go to all scheduled doctor appointments.</li><li>• Call your primary care provider if:<ul style="list-style-type: none"><li>○ You need to change your scheduled appointment date or time.</li><li>○ You have any changes in your health or if you feel ill.</li><li>○ You have any questions about your treatment plan or medicines.</li><li>○ You have recently visited an urgent care or emergency department/hospital.</li></ul></li></ul>
Green Zone (Non-Urgent)	<p><b>Call your Primary Care Provider. You may need an appointment within the next 24 hours. Problems may include:</b></p> <ul style="list-style-type: none"><li>• Cold symptoms that are lasting a long time (this could include fever, runny nose, sore throat, or earache)</li><li>• Backache that doesn't go away</li><li>• Pain or burning when you urinate, or the frequent urge to urinate (these are symptoms of a urinary tract infection)</li><li>• Simple cuts or scrapes, or tick bites</li></ul>
Yellow Zone (Urgent)	<p><b>Call your Primary Care Provider. Your provider will either make an urgent appointment or instruct you to go to an urgent care center. Problems may include:</b></p> <ul style="list-style-type: none"><li>• Multiple high blood sugars</li><li>• Vision changes</li><li>• Shortness of breath or increased cough</li><li>• Harder for you to breathe when lying down, or you need to sleep with more pillows or in a chair</li><li>• Feeling more tired or a lack of energy</li><li>• Dizziness</li><li>• Feeling uneasy, like something is not right</li><li>• Increased swelling in your feet, ankles, or stomach</li><li>• Minor injuries such as cuts, burns, or sprains</li></ul>
Red Zone (Emergency)	<p><b>EMERGENCY!!!</b></p> <p><b>Go to the <u>Emergency Room</u> or <u>call 911</u> if you have any of the following:</b></p> <ul style="list-style-type: none"><li>• Unrelieved chest pain</li><li>• Struggling to breathe or unrelieved shortness of breath while sitting still</li><li>• Sudden weakness or difficulty speaking</li><li>• Severe uncontrolled pain, uncontrolled bleeding, or a loss of consciousness</li></ul>