



## Anemia

Every Day	<ul style="list-style-type: none"> <li>• Eat foods high in iron. These include liver, beef, fish, lentils and beans, oysters, tofu, green leafy vegetables, cereals/breads with iron, and dried fruits (examples: apricots, prunes, and raisins).</li> <li>• Drink and eat foods high in vitamin C. These foods help your body absorb iron. Examples include orange juice, strawberries, and broccoli.</li> <li>• Take iron supplements as ordered by your doctor.</li> <li>• Watch for yellow zone symptoms.</li> <li>• Review all new medicines, including over-the-counter and prescribed medicines, with your doctor.</li> </ul>
Green Zone	<p><b>ALL CLEAR! This zone is your goal.</b> <b>Your symptoms are under control.</b></p> <ul style="list-style-type: none"> <li>• No dizziness or falls</li> <li>• No bruises (black and blue marks) on your skin</li> <li>• No bloody or dark stools</li> <li>• No unexpected weight loss</li> <li>• No chest pain or feeling of fluttering in your chest</li> <li>• No excessive bleeding</li> </ul>
Yellow Zone	<p><b>CAUTION! This zone is a warning!</b></p> <p><b>Call your home care nurse at _____, or call your doctor at _____.</b></p> <ul style="list-style-type: none"> <li>• Feeling more tired or weak than usual</li> <li>• Dizziness or you have fallen</li> <li>• Weight loss</li> <li>• Abdominal pain</li> <li>• Bleeding</li> <li>• Bruises (black and blue marks) on skin</li> <li>• Bloody or dark stools</li> <li>• Feeling of fluttering in chest</li> <li>• Difficulty breathing</li> <li>• Increased swelling in legs or feet</li> <li>• Changes in skin color</li> </ul>
Red Zone	<p><b>EMERGENCY Zone!!</b></p> <p><b>Call 911 or have someone take you to the Emergency Room!</b></p> <ul style="list-style-type: none"> <li>• Uncontrolled bleeding</li> <li>• Chest pain</li> </ul>