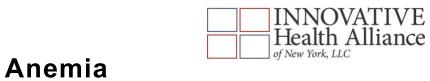


A Member of Trinity Health



Every Day	 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). Drink and eat foods high in vitamin C. These foods help your body absorb iron. Examples include orange juice, strawberries, and broccoli. Take iron supplements as ordered by your doctor. Watch for yellow zone symptoms. Review all new medicines, including over-the-counter and prescribed medicines, with your doctor.
Green Zone	ALL CLEAR! This zone is your goal. Your symptoms are under control. No dizziness or falls No bruises (black and blue marks) on your skin No bloody or dark stools No unexpected weight loss No chest pain or feeling of fluttering in your chest No excessive bleeding
Yellow Zone	Call your home care nurse at
Red Zone	EMERGENCY Zone!! Call 911 or have someone take you to the Emergency Room! Uncontrolled bleeding Chest pain