



## Type 2 Diabetes

Every Day	<ul style="list-style-type: none"><li>• Take your medicine as ordered by your doctor.</li><li>• Eat a healthy diet – monitor the amount of carbohydrates you eat.</li><li>• Be as active as you are able to.</li><li>• Test your blood sugar as ordered by your doctor.</li><li>• Check your skin and feet for sores.</li><li>• Have a "sick day" plan.</li></ul>
Green Zone	<p><b>ALL CLEAR! This zone is your goal. Your symptoms are under control.</b></p> <ul style="list-style-type: none"><li>• Taking all medicine as ordered</li><li>• Eating a healthy diet</li><li>• Able to do usual activities</li><li>• Testing your blood sugar as ordered</li><li>• Blood sugar levels at your target range: _____</li><li>• Not experiencing signs of high or low blood sugar</li><li>• Going to all scheduled doctor appointments</li></ul>
Yellow Zone	<p><b>CAUTION! This zone is a warning!</b></p> <p><b>Call your home care nurse at _____, or</b> <b>Call your doctor at _____.</b></p> <ul style="list-style-type: none"><li>• Not taking medicine as ordered</li><li>• Not testing your blood sugar as ordered</li><li>• Blood sugar is less than 70 and does not increase after treatment or you cannot keep your blood sugar in target range</li><li>• Blood sugar is 400 or more</li><li>• New skin sore or increased redness, drainage, or pain to an old sore</li><li>• Sick for more than 2 days and not getting better</li><li>• Vomiting more than once</li><li>• Nausea and/or diarrhea lasting for more than 6 hours</li><li>• Frequent urination</li></ul>
Red Zone	<p><b>EMERGENCY Zone!! Call 911 or have someone take you to the Emergency Room!</b></p> <ul style="list-style-type: none"><li>• Signs of very low or very high blood sugar:<ul style="list-style-type: none"><li>○ confusion or cannot think clearly</li><li>○ hard time speaking</li><li>○ very drowsy or weak</li><li>○ rapid breathing</li><li>○ extreme thirst</li><li>○ blurry vision</li></ul></li></ul>