



Who To Call for Help

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