

DIABETES

Management Zones

Use this information **EVERY DAY** to decide if you are having trouble with **WORSENING SYMPTOMS OF DIABETES**. Call your home care nurse if you are in the **YELLOW ZONE** so we can work with you and your physician to **keep you out of the hospital**.

Green Zone	Yellow Zone	Red Zone
All Clear (GOAL) - A1C levels under 7 or _____ - Most fasting blood sugars are between 80–130 or _____ - Average blood sugars are less than 180 or _____ - Able to do usual activities	Caution (Warning) If you have any of the following: - Average A1C is between 7–9 - Most fasting blood sugars are under 200 - Average blood sugars are between 150–210 - Signs and symptoms of high or low blood sugar (see back) - Sometimes have trouble keeping normal activity level	Emergency - Blood sugar under 80 - A1C is over 9 - Average blood sugars are above 210 - Most fasting blood sugars are well over 200 or under _____ - Always have trouble keeping normal activity level - Unable to stay awake even during the day
Doing Great! - Your symptoms are under control - Actions: - Take medicines as ordered - Check blood glucose routinely - Follow healthy eating habits - Continue regular exercise - Keep all doctor appointments	Act Today! - You may need your medicines changed - Actions: - Improve your eating habits - Increase your activity level - If eating and activity changes do not help: Call your home care nurse _____ <i>(agency's phone number)</i> - Or call your doctor _____ <i>(doctor's phone number)</i>	Act NOW! - If blood sugar is under 80, eat <i>right away</i>. If level does not increase call 9-1-1 - You need to be seen by a doctor <u>right away</u> - Actions: Call your doctor right away _____ <i>(doctor's phone number)</i> Or call 911

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Signs of Low and High Blood Sugar

Signs of LOW Blood Sugar	Causes of LOW Blood Sugar	Treatment of LOW Blood Sugar
• Shakiness • Sweaty • Hunger • Anxiety • Nervous • Confusion • Acting angry or irritable • Slurred speech • Headache	• Too little food • Too much medicine • More activity than usual • Too long between meals and snacks • Alcohol	• ½ cup juice • ½ cup sugared soft drink • 1 tablespoon honey • 4 sugar packets • 3-4 hard candy (unless at risk for choking) • 3 graham crackers • 2 tablespoons raisins • 3-4 glucose tablets • 1 cup skim or low-fat milk
Signs of HIGH Blood Sugar	Causes of HIGH Blood Sugar	Treatment of HIGH Blood Sugar
• Thirst • Hunger • Frequent urination • Fatigue • Nausea • Blurred vision • Headache • Confusion	• Too much food • Too little exercise • Too little medication • Stress • Illness or infection • Injury • Short time between meals and snacks	• Exercise unless sugar is above 240 • Adjust food intake • Work with doctor to adjust your medicine