

Diabetes Stoplight Tool

<p>Every Day</p>	<ul style="list-style-type: none"> • Take your medications as prescribed at the same times each day. • Eat a balanced diet spread throughout your day. DON'T SKIP MEALS! • Be as active as you are able. • Test and control your blood sugar as ordered.
<p>Green Zone</p>	<ul style="list-style-type: none"> • You DO NOT have symptoms of high or low blood sugar. • You are able to take your medications as prescribed. • You are following your prescribed diet and exercise program. • You are testing your blood sugar regularly, as prescribed. • Your blood sugar is in the recommended range. • You are able to keep your home care nurse and /or doctor appointments. • You are following the "Rate your Plate" guidelines. <p>ALL CLEAR! This zone is your goal. Keep up the good work!</p>
<p>Yellow Zone</p>	<ul style="list-style-type: none"> • You are not able to take medications as prescribed or test your blood sugar. • Your blood sugar is under 70 and does not come up with increased carbohydrate intake (juice, milk, glucose gel or tablets). • Blood glucose is over 200 on 3 tests in a row. • You have a fever of greater than 101 degrees Fahrenheit. • Vomiting or diarrhea lasts for more than 6 hours. • You are not able to eat due to upset stomach or vomiting. • New sore or problem with your feet • Not able to do your normal activities and/or follow your exercise program • Trouble with dizziness, confusion, increased thirst or urination, or blurred vision <p>CAUTION! This zone is a warning and you should call your doctor.</p>
<p>Red Zone</p>	<ul style="list-style-type: none"> • Your blood glucose is under 50. • You are unable to stay awake, even during the day. • You are very confused or cannot think clearly. • You have difficulty speaking or slur words. <p>EMERGENCY! Call 911 or have someone take you to the Emergency Room!</p>