

# 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 style="text-align: center;"><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 style="text-align: center;"><b>CAUTION! This zone is a warning!</b></p> <p><b>Call your home care nurse at _____, or 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 style="text-align: center;"><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>