

Who To Call for Help

<h3>Every Day</h3>	<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.
<h3>Green Zone (Non-Urgent)</h3>	<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
<h3>Yellow Zone (Urgent)</h3>	<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
<h3>Red Zone (Emergency)</h3>	<p style="text-align: center;">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