

Your Diabetes Action Plan

This three-part action plan is a guide to help you manage your symptoms of diabetes. Take action now to manage your diabetes.



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ZONES	SYMPTOMS	ACTIONS
<p>Green Zone CARRY ON</p> <p>Consult with your physician for your blood sugar range. (___ to ___ mg/dL)</p>	<ul style="list-style-type: none"> ▪ Blood sugar is 80-130 mg/dL before meals and less than 180 mg/dL after meals most of the time. ▪ There is no illness. ▪ Stress is well controlled. ▪ You are generally feeling well. 	<ul style="list-style-type: none"> ▪ Continue checking your blood sugar. ▪ Keep taking your medications. ▪ Continue to choose healthy foods. ▪ Remain active; find exercise you enjoy. ▪ Keep up the good work!
<p>Yellow Zone CAUTION</p> <p>Contact a member of your health care team about your symptoms.</p>	<ul style="list-style-type: none"> ▪ More than one low blood sugar (less than 70 mg/dL) that you can't explain. ▪ High blood sugars above your target you can't explain. ▪ Stress is not well controlled. ▪ Feeling more tired, no energy and/or depressed. ▪ Symptoms of an acute illness such as the flu. 	<ul style="list-style-type: none"> ▪ Start your sick day care plan provided by your health care team. ▪ Check your blood sugar every 2-4 hours. ▪ Treat any high or low blood sugars as directed by your health care team. ▪ Call your health care team if symptoms continue or you cannot control your blood sugars for more than 24 hours.
<p>Red Zone NEED HELP NOW</p> <p>Your symptoms are unstable and actions taken during the yellow zone didn't help.</p>	<ul style="list-style-type: none"> ▪ Blood sugar is more than 300 mg/dL for two readings. ▪ More than one low blood sugar (less than 54 mg/dL) that you can't explain. ▪ Positive ketones. ▪ Nausea/vomiting/confusion/chest pain/fever ▪ Signs of dehydration: dizziness, extreme thirst, dry mouth or no energy. 	<ul style="list-style-type: none"> ▪ Call your health care team right away ▪ Keep using your sick day care plan provided by your health care team. ▪ Call a family member or friend for help. ▪ If your blood sugar is uncontrolled and you feel unsafe at home, go to the nearest emergency room or call 911.