

Green Zone – Doing Well

If you have

- No fever or chills
- Good appetite
- No decrease in your ability to do your usual activities

Your symptoms are under control

- Continue taking your medications as ordered
- Keep all physician appointments

Keep up the good work

What this means

Yellow Zone - Getting Worse

If you have any of the following

- Feeling very tired, weak, or sleeping more than usual
- Loss of appetite, nausea, or vomiting

What this means

Caution

- You should call your doctor to report your symptoms. Your doctor may request you be seen today.

Physician: _____

Phone Number: _____

If you are in the yellow zone work closely with your health care team!

Red Zone – Medical Emergency

If you have any of the following

- Symptoms are the same or getting worse after 24 hours in yellow zone
- Difficulty breathing or very fast breathing
- A rapid heart rate greater than 100 beats per minute
- Urinating less or not at all
- Feeling dizzy or lightheaded
- Confused or cannot think clearly
- Fever greater than 101 and/or chills

What this means

MEDICAL EMERGENCY! Get Help

- You need to be evaluated by a healthcare professional immediately.
- Go to the Emergency Room or call 911
- If possible, notify your health care provider's office

Physician: _____

Phone Number: _____

Danger! Get help immediately

Every Day!

- ✓ Wash your hands often with soap and water or use germ-killing gel
- ✓ Drink plenty of fluids under the guidance of your doctor

- ✓ Eat healthy foods
- ✓ Balance activity and rest