

Diabetes Management ZONES



GREEN ZONE	<p>ALL CLEAR (GOAL)</p> <ul style="list-style-type: none"> • A1C levels under 7 or _____ • Most fasting blood sugars are between 80–130 or _____ • Average blood sugars are less than 180 or _____ • Able to do usual activities 	<p>Doing Great!</p> <ul style="list-style-type: none"> • Your symptoms are under control • Actions: <ul style="list-style-type: none"> ○ Take medicines as ordered ○ Check blood glucose routinely ○ Follow healthy eating habits ○ Continue regular exercise ○ Keep all doctor appointments
YELLOW ZONE	<p>CAUTION (WARNING)</p> <p>If you have any of the following:</p> <ul style="list-style-type: none"> • Average A1C is between 7–9 • Most fasting blood sugars are under 200 • Average blood sugars are between 150–210 • Signs and symptoms of high or low blood sugar (see back) • Sometimes have trouble keeping normal activity level 	<p>Act Today!</p> <ul style="list-style-type: none"> • You may need your medicines changed • Actions: <ul style="list-style-type: none"> ○ Improve your eating habits ○ Increase your activity level ○ If eating and activity changes do not help: <ul style="list-style-type: none"> ▪ Call your home health nurse <hr/> <i>(agency's phone number)</i> <ul style="list-style-type: none"> ▪ Or call your doctor <hr/> <i>(doctor's phone number)</i>
RED ZONE	<p>EMERGENCY</p> <ul style="list-style-type: none"> • Blood sugar under 80 • A1C is over 9 • Average blood sugars are above 210 • Most fasting blood sugars are well over 200 or under _____ • Always have trouble keeping normal activity level • Unable to stay awake even during day 	<p>Act NOW!</p> <ul style="list-style-type: none"> • If blood sugar is under 80, eat right way. If level does not increase call 9-1-1 • You need to be seen by a doctor <u>right away</u> • Actions: <ul style="list-style-type: none"> ○ Call your doctor right away <hr/> <i>(doctor's phone number)</i> <ul style="list-style-type: none"> ○ Or call 911

Signs of Low and High Blood Sugar



<p>Signs of <u>LOW</u> Blood Sugar</p> <ul style="list-style-type: none"> • Shakiness • Sweaty • Hunger • Anxiety • Nervous • Confusion • Acting angry or irritable • Slurred speech • Headache 	<p>Causes of <u>LOW</u> Blood Sugar</p> <ul style="list-style-type: none"> • Too little food • Too much medicine • More activity than usual • Too long between meals and snacks • Alcohol 	<p>Treatment of <u>LOW</u> Blood Sugar</p> <ul style="list-style-type: none"> • ½ cup juice • ½ cup sugared soft drink • 1 tablespoon honey • 4 sugar packets • 3-4 hard candy (unless at risk for choking) • 3 graham crackers • 2 tablespoons raisins • 3-4 glucose tablets • 1 cup skim or low fat milk
<p>Signs of <u>HIGH</u> Blood Sugar</p> <ul style="list-style-type: none"> • Thirst • Hunger • Frequent urination • Fatigue • Nausea • Blurred vision • Headache • Confusion 	<p>Causes of <u>HIGH</u> Blood Sugar</p> <ul style="list-style-type: none"> • Too much food • Too little exercise • Too little medication • Stress • Illness or infection • Injury • Short time between meals and snacks 	<p>Treatment of <u>HIGH</u> Blood Sugar</p> <ul style="list-style-type: none"> • Exercise unless sugar is above 240 • Adjust food intake • Work with doctor to adjust your medicine

References: [ADA](#), 2016; [ADA](#), 2015; [ADA](#), 2015