Discharge information
Symptoms to look for when you go home from the hospital.

### Zone Tool

#### Diabetes

**All Clear Zone**... *This is the safety zone if you have:*

<table>
<thead>
<tr>
<th>Green Zone Means:</th>
<th>Warning Zone Means:</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Your blood sugars are under control.</td>
<td>• A1C between 7.0 and 8.0% (percent)</td>
</tr>
<tr>
<td>• Continue taking your medications as ordered.</td>
<td>• Blood sugars less than 70 mg/dL, or you have signs/symptoms of low blood sugar</td>
</tr>
<tr>
<td>• Continue routine blood sugar monitoring.</td>
<td>• Average blood sugar is 140–200 mg/dL</td>
</tr>
<tr>
<td>• Continue to follow a healthy eating plan and activity routine.</td>
<td>• Most fasting blood sugars under 200 mg/dL</td>
</tr>
<tr>
<td>• Keep all health care appointments.</td>
<td>• Blood pressure greater than 140/90 mmHg</td>
</tr>
</tbody>
</table>

If you are following a healthy eating plan, staying active and taking your medications and your blood sugars are not in the green zone, talk to your health care team about possible changes needed.  

#### Warning Zone ... *This is the watch zone if you have:*

**Yellow Zone Means:**

- Your blood sugar may indicate that you need an adjustment of your medications.
- You need to follow your healthy eating plan.
- You need to follow a healthy activity routine of at least 150 minutes a week.

If you are following a healthy eating plan, staying active and taking your medications and your blood sugars are not in the green zone, talk to your health care team about possible changes needed.

#### Medical Alert Zone... *This is the danger zone if you have:*

**Red Zone Means:**

- You need to be evaluated by a doctor.
- If you have a blood sugar over 200 mg/dL for more than three days, call your doctor. You may have an infection or your medications are not working correctly.
- If your blood sugar is under 54 mg/dL, call 911. If you are able, also call your doctor.
- You need to be seen right away

Actions:

- Act NOW!

• A1C greater than 9.0% (percent)
• Average blood sugars are over 200 mg/dL
• Most fasting blood sugars are over 200 mg/dL
• Blood pressure greater than 160/100 mmHg
• Blood sugars under 54 mg/dL

#### References:

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**Heart Disease**

- If you are going into the YELLOW zone.

- Work closely with your health care team if you are going into the YELLOW zone.

- Call your doctor
- Call your home health nurse
- Keep all doctor appointments
- Limit alcohol
- Stop smoking
- Eat foods lower in salt
- Maintain healthy weight
- Weigh self every day
- Take medicines as ordered
- Continue routine blood sugar monitoring
- Continue taking your medications as ordered
- Continue adjustment of your medications.
- Blood pressure less than 140/90 mmHg or under 130/80 mmHg if you have a history of heart disease

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**Medical Alert Zone**

- If you are going into the RED zone.

- Call 911
- Call your doctor
- Call your home health nurse
- Keep all doctor appointments
- Limit alcohol
- Stop smoking
- Eat foods lower in salt
- Maintain healthy weight
- Weigh self every day
- Take medicines as ordered
- Continue routine blood sugar monitoring
- Continue taking your medications as ordered
- Continue adjustment of your medications.
- Blood pressure greater than 160/100 mmHg

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**References:**