

Diabetes Action Plan

This **action plan** is a guide to help you manage the signs and symptoms of diabetes. You and your provider should complete this plan together at your next visit. The three colors (zones), green, yellow and red, help you decide what to do.

Zone	Status	Symptoms	Actions
GREEN	Green means you are doing well. Symptoms are STABLE. Your diabetes is well controlled.	• normal blood glucose levels • blood glucose level between 70 and 130, or _____ before a meal • blood glucose level less than 180 or _____ two hours after a meal • no illness – cold, flu, infection • stress is controlled • feeling good	Continue the basic four: • Monitor blood glucose. • Take medications. • Follow a balanced diet. • Exercise regularly.
YELLOW	Yellow means CAUTION. Your symptoms indicate you may need to talk with your provider.	• random high blood glucose – over 200 or _____ • elevated blood glucose at same time of day for three days in a five-day period • frequent low blood glucose – less than 70 or _____ • symptoms of acute illness • stress not controlled • feeling tired, depressed • lacking energy	• Check blood glucose more often. • Treat high or low blood glucose levels with treatment options from reverse side. • Call your provider if you have repeated patterns of highs and lows, or if symptoms persist.
RED	Red means you may need help IMMEDIATELY! Symptoms are unstable. You need to be evaluated now if your yellow zone actions have not helped your symptoms improve.	• blood glucose at 300 or higher for two tests in a row or _____ • positive urine ketones • confusion • fruity breath • difficulty breathing • nausea • vomiting • diarrhea • dehydration	• Call your provider. • Refer to sick plan on back of this page.

High and Low Blood Glucose

Keeping your blood glucose (BG) in the normal range is one of the goals of diabetes management. When you have high or low BG, it is important to check your BG more frequently, think about what may have caused it and treat it appropriately.

	High BG (hyperglycemia)	Low BG (hypoglycemia)
Definition	- Any reading above your target range. - Any reading over 200.	- Any reading at 70 or below. - Symptoms may indicate BG is dropping fast and on the way to being low.
Causes	- too much food - not enough medicine or missed dose - not enough or decreased exercise - stress, illness or surgery - steroids - sleep apnea or insomnia	- not enough food or missed meals - too much medicine - too much or increased exercise - drinking alcohol without eating
Symptoms	- increased thirst - increased urination - increased tiredness - increased hunger - blurred vision	- sweating or cold, clammy skin - dizziness, shakiness - hard, fast heartbeat - headache - confusion or irritability

Sick-Day Plan

When you are ill, your diabetes control may be affected.

- Continue taking your diabetes medication as directed.
- Check urine for ketones if blood glucose is 240 mg/dl or higher, and you have type 1 diabetes.
- Eat regularly. Soup, toast and sips of juice are good choices if your stomach is upset.
- Check your blood glucose every three to four hours.
- Drink plenty of liquids.
- Call your provider if:

1-866-431-0801 (toll free); TTY 1-800-627-3529 or 711

Attention. If you need free help interpreting this document, call the above number.

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ملاحظة: إذا أردت مساعدة مجانية لترجمة هذه الوثيقة، اتصل على الرقم أعلاه.

သတိ။ ဤတွဲရက်စာတမ်းအားအခမဲ့ဘာသာပြန်ပေးခြင်း အကူအညီလိုအပ်ပါက၊ အထက်ပါဖုန်းနံပါတ်ကိုခေါ်ဆိုပါ။

កំណត់សំគាល់ ។ បើអ្នកត្រូវការជំនួយក្នុងការបកប្រែឯកសារនេះដោយឥតគិតថ្លៃ សូមហៅទូរសព្ទតាមលេខខាងលើ ។

請注意，如果您需要免費協助傳譯這份文件，請撥打上面的電話號碼。

Attention. Si vous avez besoin d'une aide gratuite pour interpréter le présent document, veuillez appeler au numéro ci-dessus.

Thov ua twb zoo nyeem. Yog hais tias koj xav tau kev pab txhais lus rau tsab ntaub ntawv no pub dawb, ces hu rau tus najnpawb xov tooj saum toj no.

ဟ်သျှ်ဟ်သးဘၣ်တက့ၢ်. ဖဲနမ့ၢ်လိၣ်ဘၣ်တၢ်မၤစၤကလိလၢတၢ်ကကျိးထံဝဲဒၣ်လံာ် တီလံာ်မိတခါအံၤန့ၣ်,ကိးဘၣ် လိတဲစိနီၣ်ဂံၢ်လၢထးအံၤန့ၣ်တက့ၢ်.

알려드립니다. 이 문서에 대한 이해를 돕기 위해 무료로 제공되는 도움을 받으시려면 위의 전화번호로 연락하십시오.

ໂປຣດຊາບ. ຖ້າຫາກ ທ່ານຕ້ອງການການຊ່ວຍເຫຼືອໃນການແປເອກະສານນີ້ຟຣີ, ຈົ່ງ ໂທໂປໂຫຍາຍເລກຂ້າງເທິງນີ້.

Hubachiisa. Dokumentiin kun tola akka siif hiikamu gargaarsa hoo feete, lakkoobsa gubbatti kenname bilbili.

Внимание: если вам нужна бесплатная помощь в устном переводе данного документа, позвоните по указанному выше телефону.

Digniin. Haddii aad u baahantahay caawimaad lacag-la'aan ah ee tarjumaadda (afcelinta) qoraalkan, lambarka kore wac.

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Chú ý. Nếu quý vị cần được giúp đỡ dịch tài liệu này miễn phí, xin gọi số bên trên.