

# Diabetes Sick Days

## GREEN ZONE

- Blood glucose is normal, between 80 and 140
- Taking usual medicines
- Eating & drinking normally
- No fever

## GREEN ZONE ACTIONS

- Test sugar 4 times/day while sick
- Keep taking all medicines
- Keep on hand: fluids with sugar (like apple juice) and with salt (like chicken broth)

## YELLOW ZONE

- Glucose tests greater than 140 more than 1 time in 6 hours
- Symptoms of high sugar are present: thirst, dry mouth, blurred vision, frequent urination
- Nausea, vomiting, or diarrhea interfere with eating & drinking
- Glucose tests less than 70 more than 1 time in 6 hours

## YELLOW ZONE ACTIONS

- Test sugar at least every 4 hours and write down results
- Keep taking your medicines
- Drink 1/2 cup of fluids every 30 minutes
- Fluids should be sugar-free unless:
  - Your sugar is low
  - You're replacing a meal
- Call your doctor with concerns

## RED ZONE

- Glucose remains above 300 for more than 6 hours or below 70 after repeated treatment
- Vomiting & diarrhea for more than 6 hours
- You are dehydrated
  - Very dry mouth, can't urinate after 4 hours, rapid weight loss
- Confusion, sleepiness, seizures

## RED ZONE ACTIONS

- Call your doctor (or go to ER):

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- Information to have ready:
  - Glucose test results
  - Your symptoms
  - Medicines you've taken including times & doses
  - What you've had to eat & drink