

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):

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