



### Green Zone

**ALL CLEAR - This Zone is Your Goal.**

You have no symptoms of high or low blood sugar and you have:

- A fasting blood sugar of 90-130 (before food or drink in the morning).
- A blood sugar 1 to 2 hours after meals that is less than 180.
- A1c (your average blood sugar over several months) under 7%.

### Yellow Zone

**CAUTION - This is a Warning Zone LOW blood sugar:**

- ▲ Shakiness, dizziness, extreme hunger, headache, pale skin, sweating
- ▲ Sudden mood or behavior changes (crying without reason)

**What to Do:**

1. Check your blood sugar (if possible) and write it down.
2. Eat or drink 15 to 20 grams of sugar or starches (such as 1/2 cup of fruit juice, or regular soda; or 4 or 5 saltine crackers; or 4 teaspoons of sugar; or 1 tablespoon of honey or corn syrup).
3. Wait 15 to 20 minutes and check your blood sugar again—if it is still below 60, eat 15 to 20 grams of sugar/starch again.

**If your symptoms do not go away:**

1. Call your Primary Care Provider's office NOW (day or night).
2. Tell them: "I have diabetes and my blood sugar is too low. I need to talk to my doctor or the Medical Assistant."

\_\_\_\_\_  
Your Primary Care Provider

\_\_\_\_\_  
Phone number

**CAUTION - These are warnings of HIGH blood sugar:**

- ▲ Blood sugar of 240 (or higher if you are used to higher levels)
- ▲ Extreme thirst, *or* ▲ Increase in urinating/passing water, *or*
- ▲ Nausea and vomiting, *or* ▲ Fruity smelling breath, *or*
- ▲ Belly (stomach) pain, *or* ▲ Deep/rapid breathing, *or*

**What to Do:**

1. Call your Primary Care Provider's office NOW (day or night).
2. Tell them: "I have diabetes and my blood sugar is too high. I need to talk to my doctor or the Medical Assistant."

\_\_\_\_\_  
Your Primary Care Provider

\_\_\_\_\_  
Phone number

### Red Zone

**EMERGENCY—Call 911 or go to the Emergency Room if you have ANY of the following symptoms:**

- Lack of coordination and confusion
- Fainting or passing out
- Double vision
- Convulsions or a seizure