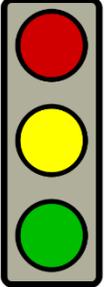


# Controlling My Diabetes at Home

	<p><b>Green Zone</b> You are in Control.</p>	<p><b>Yellow Zone</b> Take Action Today.</p> <p>Call _____</p>	<p><b>Red Zone</b> Take Action Now!</p> <p>Call _____</p>
<p>Did I test my blood sugar?</p>	<p>I tested my blood sugar.</p> <p>I have no symptoms of high or low blood sugar.</p>	<p>I did not or cannot test my blood sugar because I:</p> <ul style="list-style-type: none"> <li>• Forgot or am out of strips</li> <li>• Do not know how to</li> <li>• Do not feel like I need to</li> </ul>	<p>I did not or cannot test my blood sugar and I feel:</p> <ul style="list-style-type: none"> <li>• Sweaty or shaky</li> <li>• Light-headed</li> <li>• Confused</li> </ul>
<p>What is my blood sugar?</p>	<p>My blood sugar is:</p> <p><b><u>Between 70-130</u></b> (fasting/before a meal)</p> <p><b><u>Less than 180</u></b> (2 hours after a meal)</p>	<p>Treat blood sugar if it is:</p> <p>Low (less than) _____ OR High (more than) _____</p> <p>Call today if blood sugar is:</p> <ul style="list-style-type: none"> <li>• Still in yellow zone after treatment</li> <li>• In yellow zone several times in 1 week</li> </ul>	<p>Call now if blood sugar is:</p> <p>Low (less than) _____ OR High (more than) _____</p> <p>Or if after treatment I <u>still</u> feel:</p> <ul style="list-style-type: none"> <li>• Sweaty or shaky</li> <li>• Light-headed</li> <li>• Headache</li> <li>• Confused</li> </ul>
<p>How do my feet look?</p>	<p>I do not have any wounds on my feet.</p>	<p>I have a wound on my foot that is not healing after 1 week.</p>	<p>I have a wound on my foot that is not healing after 2 weeks.</p>
<p>Did I miss any doses of medication?</p>	<p>I did not miss a dose.</p>	<p>I missed at least 1 dose in the last 24 hours because I:</p> <ul style="list-style-type: none"> <li>• Am out of medication</li> <li>• Am not sure how to take my medication</li> <li>• Do not feel like I need it</li> </ul>	<p>I did not take my medication and I:</p> <ul style="list-style-type: none"> <li>• Need to pee more</li> <li>• Feel more thirsty or hungry than usual</li> <li>• Have less energy</li> </ul>

# Treating My Blood Sugar

## Signs of low blood sugar:

- Feeling sweaty or shaky
- Feeling light-headed or dizzy
- Feeling confused



## To treat low blood sugar:

1. Do ONE of these:
  - Eat 4 glucose tablets OR
  - Eat 4 teaspoons of sugar OR
  - Eat 4 hard candies OR
  - Drink ½ cup of fruit juice OR
  - Drink ½ can of regular soda (not diet)
2. Wait 15 minutes
3. Retest blood sugar. If still low, treat again.
4. Wait 15 minutes.
5. Retest blood sugar. If still low, take action and call your health care provider.

## Signs of high blood sugar:

- Need to pee more often
- More thirsty than usual
- More hungry than usual
- Fruity smelling breath
- Blurry vision
- Have less energy than usual
- Dry skin

## To treat high blood sugar:

- Take your medication as instructed
- Sit or lie down
- Take a walk
- Call your health care provider



## My Plan for Controlling Diabetes at Home

- Take my medication
- Check my blood sugar
- Check my feet
- Eat healthy meals
- Get exercise every day
- Keep a source of sugar handy in case of emergency



Your care team at Alice Hyde Medical Center will work with you to set goals so you can stay healthy and stick to your plan.