


Diabetes Zones

EVERY DAY	<ul style="list-style-type: none"> ✓ Self-monitor blood sugar as recommended by your primary care provider. ✓ Take Medications as prescribed. ✓ Daily foot care and inspection. ✓ Eat a healthy diet and increase physical activity; both promote better control of blood sugar, weight, blood pressure, cholesterol, and stress.
WHICH ZONE ARE YOU IN?	
GREEN SAFE ZONE	<p>ALL CLEAR – You are in the <i>safety zone</i> if you have:</p> <ul style="list-style-type: none"> • No symptoms of low or high blood sugar. • Fasting and/or before meal blood sugar is between 4-7 mmol/L or within your target range recommended by primary care provider. <i>Target blood sugar:</i> _____ mmol/L • Blood pressure less than 130/80 mmHg. <i>Target blood pressure:</i> _____ mmHg • A1C is 7% or less OR within your target provided by your primary care provider. <i>Target A1C:</i> _____ %
YELLOW CAUTION ZONE	<p>CAUTION – You are in the <i>caution zone</i> if you have:</p> <ul style="list-style-type: none"> • Symptoms of low or high blood sugar: <ul style="list-style-type: none"> ➤ LOW: Blood sugar is less than 4 mmol/L, shaky, light-headed, nauseated, irritable, anxious, confused, sweaty, faster heart rate, headache, hungry, weak, drowsy, numbness or tingling in your tongue or lips. ➤ HIGH: Blood sugar is above target range, increased thirst, headache, fatigue, weak, urinate more than usual, blurred vision, weight loss. • Open sores, rashes, or wounds. • Illness, injury or infections. <p>What should I do?</p> <ul style="list-style-type: none"> ✓ Take action to treat low blood sugar, use ‘Take 15 - Wait 15’ rule, and test blood sugar again. ✓ If blood sugar is above the target level once, then drops to within target level, do not be concerned. If it is above target for more than a week, contact your primary care provider. ✓ Adjust food choices, portions, meal timing, and activity to help manage blood sugar. ✓ Call or see your primary care provider if you have uncontrolled blood sugar, open sores, rashes, wounds, illness, injury, or infections. 
RED DANGER ZONE	<p>EMERGENCY – This is the <i>danger zone</i>, act quickly if you have:</p> <ul style="list-style-type: none"> • Confusion and/or disorientation • Double vision • Fainting episode or passing out • Convulsions or a seizure • Blood glucose that is still less than 4 mmol/L after 3 attempts to treat low blood sugar • Blood glucose that is greater than 20 mmol/L for more than 8 hours and you are symptomatic (if you have Type 2 Diabetes) • Blood glucose that is greater than 14 mmol/L before meals or at bedtime on two tests in a row and you are symptomatic (if you have Type 1 diabetes) • Urine ketones are moderate to large or blood ketones are 1.5 mmol/L or higher <p>What should I do?</p> <p><i>Call 911 for an ambulance or have someone take you to the nearest emergency department</i></p> 