

MY EMERGENCY PLANS

This guide is to help you decide when you should call your provider or go to the emergency room

Primary Care Provider: _____ **Phone Number:** _____

Care Manager: _____ **Phone Number:** _____

(Mon-Fri 8:30am -4:00 pm)

Symptoms:	Yellow Zone Call your provider: _____	Red Zone Call 911 and your provider
Breathing Problems 	<ul style="list-style-type: none"> • Cough that gets worse • Change in color, thickness, amount of sputum • More weak or tired feeling • Fever of 100.5 orally • Breathing medications are not working • Loss of appetite 	<ul style="list-style-type: none"> • Difficulty breathing • Severe shortness of breath or wheezing not relieved by treatments • Gray or blue skin or lips • New or increased confusion
Chest Pain 	<ul style="list-style-type: none"> • Chest discomfort, pain, tightness RELIEVED by rest or medication 	<ul style="list-style-type: none"> • Chest discomfort, pain, tightness NOT RELIEVED by medication • Chest pain with difficulty breathing, sweating or nausea • Pain in the neck, jaw, back, one or both arms • Chest pain that goes away then comes back
Heart Failure 	<ul style="list-style-type: none"> • More swelling than usual in your legs or feet • More shortness of breath, especially when lying flat • Cough at night that is not related to cold • Congestion not related to a cold • More tired or weak feeling • Irregular or rapid heart rate 	<ul style="list-style-type: none"> • Severe difficulty breathing • Fainting • Sudden/severe chest pain • Frothy sputum
Blood Pressure 	<ul style="list-style-type: none"> • Headaches NOT RELIEVED by over the counter medication • Feels like heart is fluttering • Nose bleeds • Blurred vision • Ringing in the ears • Light headedness 	Signs of a stroke: <ul style="list-style-type: none"> • Sudden numbness/weakness of the arm or leg and/or loss of balance • Sudden confusion, trouble understanding • Sudden trouble seeing in one or both of your eyes

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Diabetes Diagnosis 	High Blood Sugar Symptoms: <ul style="list-style-type: none"> • Increased thirst • Increased hunger • Weakness • Frequent urination • Blurred vision • Dry, itchy skin Low Blood Sugar Symptoms: <ul style="list-style-type: none"> • Shakiness • Headaches • Confusion, irritability • Sweating • Hunger 	High Blood Sugar Symptoms: <ul style="list-style-type: none"> • Nausea, vomiting, shortness of breath, fruity breath • Blood sugar more than 450 Low Blood Sugar Symptoms: <ul style="list-style-type: none"> • Unconscious • Cannot control low blood sugar at home • Seizures
On a Blood Thinner 	<ul style="list-style-type: none"> • Bloody or black/dark stools • Bleeding gums • Blood in urine 	<ul style="list-style-type: none"> • Bleeding you cannot control
Bleeding 	<ul style="list-style-type: none"> • Bleeding from gums, nose, mouth or surgical site • Unusual bleeding if you are not on a blood thinner 	<ul style="list-style-type: none"> • Blood in vomit • Blood in urine • Bleeding you cannot control
Wound Problems 	<ul style="list-style-type: none"> • Change in condition of wound • Fever higher than 100.5 orally 	<ul style="list-style-type: none"> • Uncontrolled bleeding or drainage at wound site
Fall 	<ul style="list-style-type: none"> • Fall with no serious injury • Fall and able to walk, even with pain 	<ul style="list-style-type: none"> • Broken leg bones – unable to walk • Serious deep wound – unable to control bleeding • Suspected head injury
Urinary Catheter/ Urinary Infection 	<ul style="list-style-type: none"> • Catheter leaking, blocked or fallen out • Sediment in catheter tubing • Bloody, cloudy or foul odor urine • Low grade fever • Low back or side pain • Burning or urination, unable to urinate • Frequent urination, small amounts 	<ul style="list-style-type: none"> • Confusion or mental status changes • Fever with chills and symptoms of urinary infection • Vomiting