



# Controlling diabetes at home



Green zone

You are in control.



Yellow zone

Take action today. Call:

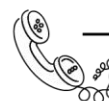


\_\_\_\_\_  
\_\_\_\_\_



Red zone

Take action now! Call:



\_\_\_\_\_  
\_\_\_\_\_

Did I test my blood sugar?

I tested my blood sugar.

I did not or cannot test my blood sugar because I:

- Forgot or am out of strips.
- Am not sure how to do it.

I did not or cannot test my blood sugar and I feel:

- Sweaty or shaky.
- Light-headed.
- Confused.

What is my blood sugar?

My blood sugar is:  
**Between 80-130**  
or \_\_\_\_\_  
(fasting/before a meal)

**Less than 180**  
or \_\_\_\_\_  
(2 hours after a meal)

Treat blood sugar if it is:

Low (less than): \_\_\_\_\_

or

High (more than): \_\_\_\_\_

(See back of form for how to treat)

Call today if blood sugar is in the yellow zone 2 or more times in 1 week.

Call now if my blood sugar is:

- Still in the yellow zone after 3 treatments.
- 400 or higher.
- Low and I feel confused.

How do my feet look?

I do not have any wounds on my feet.

I have a new cut or wound on my foot.

I have a wound on my foot that is not healing.

How do I feel today?

I do not feel sick.

My blood sugar is in the yellow zone and I have any of these:

- A cold or the flu.
- A fever.
- Nausea or throwing up.
- Diarrhea.

- I cannot keep food or drinks down.
- My blood sugar is in the yellow or red zone and I have a fever of 101 or higher.

# Treating my blood sugar

If I feel:

- Sweaty or shaky.
- Light-headed or dizzy.
- Confused.
- Like I need to urinate (pee) more than usual.
- More thirsty or hungry than usual.
- Like I have less energy than usual.



**Check my blood sugar.**

**Am I in the green zone? Or do I need to treat it?**

## How to treat low blood sugar

Follow these steps

1. Do one of these:
  - Eat 4 glucose tablets or
  - Eat 4 teaspoons of sugar or
  - Eat 8 hard candies (like Life Savers) or
  - Drink 1/2 cup of fruit juice or
  - Drink 1/2 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, treat again and call my care team (doctor or nurse).
  - If no longer low, eat a light snack if it will be more than 1 hour before my next meal.

## How to treat high blood sugar

Follow the treatment plan my care team (doctor or nurse) gave me.

If I do not have a treatment plan and my blood sugar is higher than \_\_\_\_\_ call my care team (doctor or nurse) right away!

- Drink some water.
- Sit or lie down.

## My plan for controlling diabetes at home

- Take my medicine
- Check my blood sugar:
  - Every day and at different times of day.
  - More often if I am sick.
  - Before driving.
- Get exercise each day.
- Carry a source of sugar in my purse or wallet.
- Check and care for my feet and skin every day.
- Eat healthy meals.

Your care team will work with you to set goals so you can stick to your plan.