

Advanced Home Care's *Extraordinary Care™* Program.

Name: _____

WHAT ZONE ARE YOU IN TODAY?

**RED
ZONE**
Seek Medical
Care NOW if:

- Can not breathe
- Unrelieved chest pain
- Bleeding that will not stop
- A fall with a broken bone
- Seizure or fainting spell
- Thought of hurting yourself or someone else

**YELLOW
ZONE**
Call your
Nurse or
Provider
TODAY if:

- More tired or restless than usual
- Not eating well
- Fever above 100 degrees
- Increased shortness of breath
- Severe headache or sudden dizziness
- Pain not relieved after taking medications
- Difficult to use the bathroom or change in urine color
- No bowel movement in 3 or more days
- Sudden weakness or confusion
- Fall with no Injury
- New wound or skin problem
- Questions about Your medications

**GREEN
ZONE**
Keep Up the
Good Work if:

- Able to do your daily routine
- Using the bathroom without difficulty
- Eating well, getting enough rest
- No side effects with medicines
- Know when, why, and how to take your medicines

Provided by: _____