## COVID-19 Self-Management Zone Tool

### Green Zone

**IN CONTROL**
- I can breathe easily without shortness of breath
- I am not experiencing chest tightness
- My energy level is nearly normal
- I can think clearly

**I should:**
- Use oxygen if prescribed by my doctor/healthcare provider
- Check my oxygen level (pulse oximetry) if ordered by my doctor/healthcare provider
- Keep a diary of symptoms including temperature, heart rate, and oxygen levels if ordered by my doctor/healthcare provider

### Yellow Zone

**CAUTION**
- My breathing is fast
- I have a new or worsening cough
- I am having trouble catching my breath
- My heartbeat feels much faster than usual
- I have a fever
- I feel cold and am shivering -- I can’t get warm
- My thinking is slow -- my head feels “fuzzy”

**I should:**
- Be evaluated by my doctor/healthcare provider
- Call or message my doctor or healthcare provider. (Do not go to the doctor’s office unless instructed to do so.)
- Share my symptoms and follow their directions

**If receiving home healthcare services:**
Agency: ________________ Phone: ________________

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Agency: ________________ Phone: ________________

### Red Zone

**MEDICAL ALERT**
- My breathing is very fast
- I can’t catch my breath and can’t speak an entire sentence
- My fingernails or my lips are pale and blue
- I am having chest pain
- I can’t eat or drink
- I am confused
- I can’t stay awake

**I must:**
- Take action!
- Call 9-1-1 or call ahead to your local emergency facility: Notify the operator that you are seeking care for someone who has or may have COVID-19.

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*This list does not include all possible symptoms. Please discuss with your medical provider any other symptoms that are severe or concerning to you.*

Health First Health Plans is an HMO plan with a Medicare contract. Enrollment in Health First Health Plans depends on contract renewal.

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